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MARTLET

The University of Victoria's Independent Newspaper | www.martlet.ca
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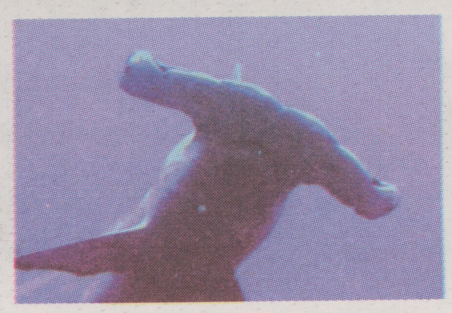

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State of the union rests in Ho's hands

by David Karp

Tracy Ho may be a new face on campus, but she'll be familiar soon enough. In her first year at UVic, the 22-year-old has successfully campaigned to be the incoming students' society chairperson.

Ho is no stranger to student politics. Her first campaign was in Grade 12, when she ran unsuccessfully for secretary on her high school student council. It wasn't a natural move for the reserved young woman. "I do regret not taking more chances," said Ho. "I was kind of scared of being known."

After graduating from Vancouver's Prince of Wales Secondary in 2002, Ho decided to take a couple of years off, working as a cashier at a small grocery store and as a waitress.

These jobs, along with a high school tourism class, cemented Ho's conviction to enter the service industry. She enrolled in the hospitality management program at Vancouver Community College (VCC) in 2003.

"I want to open a bed and breakfast that would sustain itself," said Ho. "If I can, I'd like to build it from the ground up, somewhere a little more secluded. I'd raise my own cows."

Ho got involved as the external co-ordinator on the students' society in her first year at VCC, served one year on senate and two years on the board of governors, and was chairperson there last year. Those who share a conversation with Ho quickly notice two sides to her personality: one serious, one funny.

"She's the biggest goofball. She's totally funny," said Brook MacRae, VCC students' society treasurer last year. "But she can be very serious too. Sometimes our board meetings can get a little rowdy, and she'd always keep everybody in check."

At VCC, Ho witnessed the different challenges that students face. "The King Edward campus [of VCC] is pretty close to the Downtown Eastside. The whole homeless issue—I've seen it. And

JENNA FLANNIGAN PHOTO

Tracy Ho.

I've seen students who are desperate, so it really opened my eyes to seeing what I have," said Ho. "My parents are so good in supporting what I want to do."

Ho transferred into UVic's commerce program in September after finishing her VCC diploma, leaving home for the first time in the process. Her dog, a Shar-Pei mix named Mya, made the move with her. "She's like my child," Ho said.

"I didn't really grow up with animals. But I have little brothers, and my parents gave into the kids and got some pets. At one point, our house was almost like a small farm. Bunnies, hamsters, dogs ..."

Ho ran for students' society chair at UVic because it felt like the right thing to do. "This was strange that I wasn't involved," she said. "I wanted to be involved."

Ho and her slate, Team FAST, campaigned on bringing sustainability to the UVSS. But the business student always has cost in mind when making decisions.

While UVic politics have a habit of getting a little rowdy at times, Ho said she's ready for the criticism she may face over the next year. "I know it's going to happen. It's a given," she said.

Ho worked at Milestone's for three years, where she progressed all the way to shift manager—so she's used to dealing with angry patrons.

"Doing any kind of service job you encounter that," she said. "Passion sometimes comes out as very intense anger or very intense happiness. You just need to understand it's not personal."

Ho will be taking over the office from Penny Beames, who served two years as chairperson. "She's already started her cleaning," said Ho. "I'm like, 'It'd better be spotless,'" she said, laughing.

If her track record is any indication, she may be at the university all the time. Last year, Ho took courses, chaired her students' society and worked at Milestones. That didn't leave time for much else. "Social life? What's that?" she asked with a chuckle.

But Ho enjoys being busy. "I feel like I'm working for something bigger than myself," she said.

Ho is excited about her new job and proud of how she's progressed from that girl who ran for student council secretary six years ago. "I love having that safety blanket. But I've thrown it off now," she said.

"Well, maybe I'm still keeping a little corner of it."

Corrections:

In an article in the March 15 *Martlet* on The Vagina Monologues, the director and producer was identified as Jill Sanden, when in fact her name is Jane Sanden. The ***Martlet*** regrets the error.

The photo cutline for the article "Basketball league struggles for athletes" in last week's women's day section misidentified the athlete shown.

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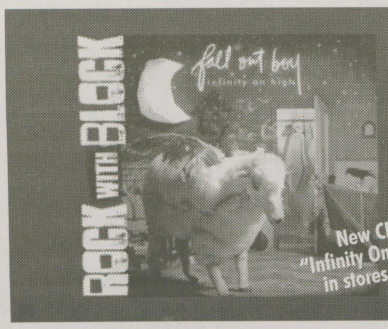

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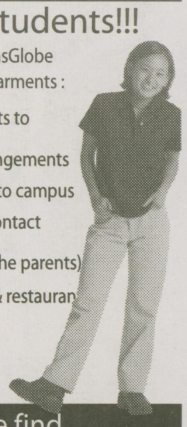

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WebMail goes down, students get mad

by Nathan Lowther

The malfunction of UVic's WebMail server has added to students' stress this semester.

With exams on the horizon and papers due, fourth-year political science student Jesse Willicome said the inconvenience couldn't have come at a worse time. "I had been waiting to hear back from a professor about a critical assignment and was unable to log in to my account. Thanks to WebMail, I'm scrambling to hand the assignment in on time."

But Willicome was quick to praise the staff at the Computer Help Desk for their assistance. And the staff have been busy. "We're getting a lot more calls from students, staff and faculty—everyone that uses the system," said Matthew Selwood, who works at the help desk. He estimates they have received about three times the regular volume of calls.

It's not only students who have been affected by WebMail. "We use it too. We don't like it," said Colin Leavett-Brown, UVic's Computing Services systems manager.

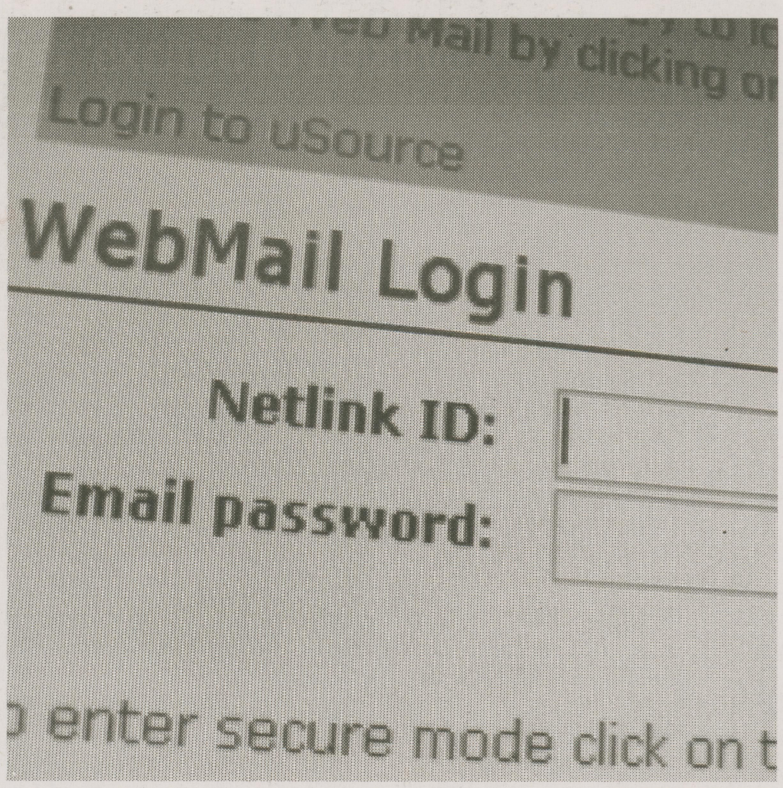
The problem is threefold. First, there is overall sluggishness due to the sheer volume the system handles daily. The server sees an average of 700,000 e-mails a day, including spam from the Internet. Further complicating the situation, some users' computers were having trouble communicating with IMAP, a standard protocol used to retrieve emails from remote servers. The final piece in the slow-down puzzle involves "the volume of clients using e-mail service," said Leavett-Brown.

With 25,000 accounts, the system sometimes can't keep up. For example, at the end of February, the eight-processor server had queues of up to 200 processes. "[These problems] only came to a head the last couple of weeks," Leavett-Brown said. "We're not finished yet. We're still working."

He and his 18 administrators have improved the system markedly. They have added a second server to intercept much of the daily e-mail. This "gateway server" intercepts much of the spam, reducing the load that reaches the "core server" to about 60,000 emails per day. Leavett-Brown said, "This was a big help, but didn't solve all the problems."

To address the IMAP issue, they have updated from the 2004 software to the 2006 version. This seems to have fixed that problem.

As of press time, however, e-mail service was still causing trouble. The service has served UVic well, but it's an older system, admitted Leavett-Brown. While plans were to have a new system in place for next September, the collapse of the system accelerated that strategy. Now a new WebMail server based on the "popular" Horde/IMP system will be in place "[hopefully] within a week," said Leavett-Brown, adding that an official announcement will be made sometime next week.



WESLEY SCOTT PHOTO

WebMail may soon be up and running, to the relief of many UVic students and staff.

This Enterprise Collaboration Services (ECS) project is a part of the university's plan to integrate all online web services through the university's new web portal, uSource. Leavett-Brown said this has been in the planning stage since October 2006, but the final "economics and politics" are only tentatively approved.

Final approval for the whole project is expected within a couple of months.

"If approved," Leavett-Brown said, "it will be a service everyone will like."

In the meantime, Leavett-Brown recommends contacting the Computer Help Desk if students run into computer troubles. "We don't know [something is wrong] unless people tell us."

"We're trying to provide the best service we can," said Leavett-Brown. "Bear with us. WebMail will get better."

ELECTION BRIEFS

Electoral officer denies shouting

Lindsay Bourque, chief electoral officer for the UVSS elections, denies having yelled at Campus Security officers escorting A.C.T. Now candidate Arel English out of Vertigo at the ballot count, as printed in last week's *Martlet*.

Bourque's account of events was confirmed by Campus Security and two independent sources—Susan Farmer, the UVSS resource co-ordinator, and poll-sitter and ballot-counter Allan Warnock.

George Robinson, the chairperson candidate for the A.C.T. Now slate, had claimed that Bourque yelled at the officers and told them they weren't doing their jobs. Before pubication last week his claim was supported by two other A.C.T. Now candidates.

Appeal by English rejected

A complaint made by Arel English about election campaigning was quashed by the current board of directors at an emergency meeting on March 19.

The complaint, which alleged that incumbent director of finance Jamie Strachan falsely claimed in his campaign that he had paid off the UVSS debt, was initially struck down by the electoral office. English appealed this decision and brought the complaint to an electoral committee made up of members of the board, but this group also ruled against the complaint.

The board voted down the final appeal 10-2, with one abstention. English walked out of the meeting partway through Strachan's response to the complaint.

University of Victoria Students' Society / Canadian Federation of Students Local 44

UVSS

SPECIAL GENERAL MEETING

THURSDAY MARCH 29, 2007 - 2:00pm, Cinecenta

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• AGENDA •

1. CALL TO ORDER
2. APPROVAL OF CHAIR
3. ADOPTION OF AGENDA
   a. Agenda of 07/03/29 SAGM
4. ADOPTION OF MINUTES
   a. Minutes of 06/10/19 AGM
   b. Minutes of 07/02/15 ASAGM
5. SPECIAL RESOLUTIONS

Motion to amend Bylaw 10.2 – Leaves of Absence

BIRT Bylaw 10.2 be amended to read as follows:

10.2 Leaves of Absence

Directors shall be permitted to take leaves of absence during the summer to facilitate co-op, work, or any school related activity that removes the Director from the Greater Victoria area.

Motion to amend Bylaw 10.3 – Absences from Board of Directors' Meetings

BIRT Bylaw 10.3 be amended to read as follows:

10.3 Absences from Board of Directors' Meetings

a. A Director who has missed four (4) Board meetings throughout her term without prior notice to the Board of Directors, except in the case of illness, shall be considered to have resigned.
   i. Written warning shall be provided to a Director upon missing the third meeting without prior notice.
   ii. The Director shall be considered to have resigned upon adjournment of the first meeting missed without prior notice after having received written warning.
   iii. Resignation shall be communicated to the Director in writing.
   iv. In the case that Directors' meetings must be scheduled on short notice, all reasonable efforts shall be made to notify all Directors. If a Director misses a meeting scheduled on short notice without submitting regrets, the Director may be excused of her absence if she can demonstrate that she was unable to receive notice of the meeting missed.

b. Directors must attend 50% of Board meetings throughout the Fall and Spring terms.
   i. This bylaw applies to Board meetings scheduled during the Fall and Spring term as set by the Board at the beginning of its term.
   ii. After December, a Board member who has missed 50% or more of Board meetings will be issued a final written warning. If her cumulative attendance falls below 50% after having received written warning, she will be considered to have resigned.
   iii. The Director will be considered to have resigned at the adjournment of the meeting, following final written notice, at which her attendance falls below 50%.
   iv. Resignation shall be communicated to the Director in writing.

Motion to amend Bylaw 18.3 – Right of Constituency Organisations to a voting representative on the Students' Society Board of Directors

BIRT Bylaw 18.3 be amended as follows:

Bylaw 18.3.c.

WHEREAS currently constituency groups must hold a general meeting to appoint any Board representative; and

WHEREAS this process is time consuming, potentially expensive, and generally excessive, and as a result, many of the positions sit empty; therefore

BIRT if a Board representative from any advocacy group resigns from office, the advocacy group's governing body may appoint a member as an interim representative to sit on the Board until the next scheduled general meeting.

Motion to amend Bylaw 13 – Finances of the Students' Society

BIRT Bylaw 13 be amended as follows:

Bylaw 13.7

WHEREAS a referendum was held to direct student funds to the UVSS Women's Centre; and

WHEREAS these funds are currently held in a trust account; and

WHEREAS this trust account is not being controlled by the Women's Centre; and

WHEREAS to function as equity seeking advocates for marginalized students the Women's Centre must be control of the funds directed to them; therefore

BIRT student fees collected on behalf of the Women's Centre be directed in their entirety to an account specified by the Women's Centre.

BIFRT the Women's Centre manages funds according to their constitution and bylaws and be subject to the UVSS annual audit.

6. ADJOURNMENT

BRING YOUR STUDENT ID

Transit to speed up service

by Sam VanSchie

Transit is expected to speed up along Douglas Street after millions of dollars are used to improve transit technology and add new bus-only lanes.

Starting in early April, buses travelling on Douglas between Fisgard and Saanich Road will not have to wait as long at traffic lights. In addition, drivers will be able to communicate with light signals to shorten the stops.

This technological trickery cost BC Transit nearly $3 million, of which approximately two-thirds was paid for with provincial and federal grants. The remainder was paid for by user fares.

Simulations of this new transit technology show that while the buses will see the greatest reduction in travel time, general road users will also move more quickly through the busy Douglas Street corridor, according to Ron Drolet, senior vice-president of BC Transit.

"I think if we had done something that benefited transit but resulted in a serious penalty to general traffic, there would have been a lot more controversy around it," said Drolet, who noted that the project has been very strongly supported.

But this is only the first part of a three-phase project in the works to give transit priority in the Capital Regional District. While the general public may not even notice the lights changing for buses, it will be hard to miss the massive construction expected in phase two.

Expected to begin in early 2008, this second project will scrap the parking spots along Douglas in exchange for two bus-only lanes down the centre of the street, while maintaining the two lanes for general traffic and a bike lane on each side. The bus stops will also be moved to the centre of the road.

The project will be purposely designed to accommodate high-end Bus Rapid Transit (BRT) or light-rail that might run down the corridor in the future, though it isn't something BC Transit is planning at this time.

The exact details of this plan, including where to set up stops and how patrons will get to them from the sidewalk, will be hammered out in Victoria and Saanich city council meetings in months to come.

The project is expected to cost around $6 million. Over $5 million has already been secured to a federal gas taxes fund.

"The money we're spending is largely money granted to us from senior government," said Drolet. "The capital cost on this to the locals is very low."

He went on to note that with faster buses, Victoria Transit will be able to offer more service for the same cost.

Plans to expand service are an ongoing goal specifically addressed in phase three.

Drolet expects that the most tangible benefit will be the reliability of buses. Currently, travel time can be slowed by several minutes going though congestion downtown. With the new plan, buses will move at non-peak speeds regardless of the traffic, keeping them on schedule.

In the short term, Drolet acknowledges a need to "deal with the loads of pass-ups and do a more effective job [serving the UVic campus]."

An expansion is approved and funded for next September that will give "more buses more often on the major routes."

There will be 10 full-size buses and eight community buses added to the CRD fleet. Bus fares will go up 25 cents for adult passengers on April 1, and the cost of the U-Pass will increase by about $10 next September.

WESLEY SCOTT PHOTO

Beginning in April, Douglas Street will feature an extra bus lane.

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Doing the math on life expectancy

by Anna Kemp

There's no denying it—every UVic student is going to die. But for most of us, how and when we're going is a mystery.

Although statistics can't predict your personal future, they can shed some light on when your candle will be finally snuffed out and how that might happen.

Leslie Foster, a statistical geographer at UVic, is working on a mortality atlas, a pictorial breakdown of mortality and its causes in the province.

He also explained what the recently released 2005 Vital Statistics Annual Report said about life expectancy for UVic students.

"[A mortality atlas] allows you to look at the province geographically and see where the hotspots and the highs and lows are," he said.

According to Foster, geographically speaking, we seem to stand in good stead here at UVic.

"The death rate for young people tends to be higher in rural areas than in urban ones," said Foster, "especially in the southeastern part of the province."

Foster explained that a large part of that difference is related to motor vehicle accidents in areas where people are more car-dependent. He also noted that people in urban areas have quicker access to emergency health services in the event of emergency.

But statistically speaking, not a lot of young people in B.C. die. In 2005, for example, only 309 people between the ages of 15 and 24 passed away in B.C. This number jumps to 1,265 for people between the ages of 25 and 44; 4,892 for people between the ages of 45 and 64; 13,861 for people between 65 and 84; and 9,468 for people 85 years and older. In other words, somewhere around 55, we'll begin dropping like flies.

Between 15 and 44, the leading causes of death are accidental injuries (41.4 per cent)—mainly attributable to motor vehicle accidents—and suicide (14.2 per cent). Cancer, cardiovascular disease and nervous system disorders are each responsible for less than 6 per cent of deaths.

After 44, cancer becomes the big killer, responsible for 36.1 per cent of deaths between the ages of 45 and 64 years old and 34.9 per cent between 65 and 84 years old. Cardiovascular disease is the other leading cause of death.

Between the ages of 25 and 45, we can expect that around three per cent of men in B.C. will be hit with a heart attack, and around two per cent of women will be. Less than one per cent of B.C. women between 25 and 44 will die from breast cancer. Like HIV, breast cancer is now largely treatable with timely examination and diagnosis.

According to Foster, approximately 0.5 to one per cent of people will live to be over 100 years old.

According to Foster, the greatest advantage UVic students have going for them in terms of life expectancy is education. "There is a tremendous gradient in life expectancies between lower and higher income people which is very much associated with higher education levels," said Foster. "People with higher incomes tend to live longer."

According to regularly conducted Canada-wide health surveys, people without post-secondary education are twice as likely to be smokers and twice as likely to report some type of health problem.

What Foster expects to see in the future includes major changes in social attitudes towards euthanasia. "This is only a personal opinion, but I suspect that society is going to loosen up and allow people the right to die."

He also expects that over time there will be more chronic debilitating diseases, many of which, like diabetes and heart conditions, will be linked to increasing levels of obesity. In 2005, despite a historic death rate low, the mortality rate for diabetes was 12 times what it was in 1986.

New diseases will be along the lines of what we have been seeing in the last three to five years, like SARS, avian influenza and other viral diseases. Foster links this with climate change. "As the temperature gets warmer in B.C., we may find not perhaps new diseases but ones not typically found here due to warmer and wetter conditions."

Foster also points out that although life expectancy has increased substantially, especially in urban areas, many women are not having babies until well into their 30s.

"Women who have babies after 35 have lower birth-weight babies, which is a key marker for life expectancy, as well as higher rates of anomalies and congenital defects, more multi-births, more complications and more C-sections."

Whether that will have any effect on the general trends of life expectancy is yet to be seen.

Foster's work does not only focus on death. He is also working with Peter Keller, dean of social sciences, to create a wellness atlas that they hope to have completed by summer.

"[The wellness atlas] maps things like smoke-free environments, healthy birth weights, healthy nutrition and whether or not you are happy with your life.

"Health professionals tend to focus on poor health, understandably, because then they can do something about it. But if you map the good health, you can learn from those areas. The thing about death is that it's pretty unambiguous. You're either dead or you're not. Defining wellness is a lot more difficult and much more subjective."

SARA TAYLOR PHOTO

Students are likely to live longer than the average B.C. resident.

HEATHER CLARK PHOTO

Protesting war in the world

Protesting worldwide war, UVic students and community members took to the streets March 17, on the four-year anniversary of the initial invasion of Iraq. The peaceful rally in downtown Victoria was just one of many rallies held around the world Saturday.

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Turning human waste into gold

Reusing sewage waste a plausible solution for Victoria's sewage problem

by Ashley Hamilton-MacQuarrie

Waste is a resource that hasn't been recognized yet, according to Victoria-based engineering consultant Stephen Salter.

Salter came to speak at UVic on Feb. 13 to a classroom of curious students and professors. At a time when countries around the world are experiencing increasing demands on their natural resources, Salter's research is important and timely. With shortages and strains on energy supply, the possibility of reusing resources is practical, and as the success from a few countries has shown, it is also feasible.

Salter's main research focuses on using sewage as a resource. He is a vocal and active supporter of renewing Victoria's current method of sewage treatment and a volunteer with the Georgia Strait Alliance and the T. Buck Suzuki Environmental Foundation.

In October 2006, Salter's curiosity took him to Sweden, a country that has designed a waste management plan that was designed around mitigating negative environmental impacts while increasing financial gains for the country.

Communities in Sweden are able to maximize their energy production by converting the oil and grease from human waste to produce useable energy in the form of biodiesel and biogas, which is produced when organic matter ferments.

In contrast, the Capital Regional District (CRD) currently releases its sewage into the ocean untreated, relying on water dilution and the ocean currents.

This process is primary treatment, the minimum standard for treatment in Canada. According to the Ministry of Environment's recent analysis, the seabed is sufficiently contaminated to warrant designation under the Contaminated Site Regulations.

However, change may soon be on its way. On July 21, 2006, the minister of the environment announced that "the provincial government has given the CRD until June 30, 2007 to submit final plans for the type, location and cost of new sewage treatment for the area." While the CRD is in the planning stages of designing the new plant, Sweden's initiatives provide a model.

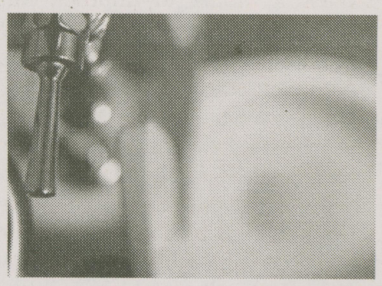
In the city of Gothenburg, solid waste is treated to produce biogas. This biogas is upgraded and put into the city's natural gas distribution network, where it is accessible to fuel biogas-powered cars. Since 1995, the city of Kristianstad has offered biogas as an alternative to gasoline at fuelling stations. Currently, they have two car and two large bus filling stations, and all of the city's 22 transit buses, school buses, most taxis and 1,500 private cars run on biogas. Before leaving Kristianstad, Salter refueled at the sewage treatment plant's biogas station, and he describes that it was "quite a thrill to drive powered by the community of Kristianstad."

In addition to using the treated sewage to fuel vehicles, it can also be used for heating. In Gothenburg, biogas provides hot water and space heating for 36,000 homes and another 80,000 homes in Stockholm.

Additionally, in 2005, organic waste was banned from Swedish landfills. Instead, the waste is treated to produce biogas. In Hendriksdals, the organic waste is collected in an underground vacuum tube system, which the public can use to send the waste to a collection point.

Reusing waste can also be called resource recovery and is an example of a closed energy cycle. In this cycle, what we consider waste becomes food, or energy in another useable form, and is consequently not wasted at all. In modern communities, this cycle is broken when we dispose of organic waste in landfills and burn carbon dioxide that is released into the air.

Why is Sweden following such a different path? Salter explained that he "went to Sweden expecting to find cutting-edge technology ... but found that the main force at work in Sweden is cutting-edge common sense." For example, their government took the oil scare of 1973 seriously. "Canada's emissions have increased by 24 per cent since 1990, while Sweden's have decreased by 4 per cent," Salter said.



WILLIE LI PHOTO

This toilet could be a portal to untold riches.

Recently, local leaders have begun to show an interest in resource recovery. For example, in the *Times Colonist* on Jan. 26, federal Liberal leader Stephane Dion was quoted as saying he was "keen on the concept of producing bio-fuel as a byproduct of Victoria's pending sewage treatment solution." He met on Jan. 25 with Victoria Mayor Alan Lowe and promised to be a "very strong partner" for the area if his party is returned to power in the next election.

From the efforts of people like Salter and the potential commitment from government leaders, the CRD has the chance to set an example for Canadian waste-management strategies. Salter also discussed the possibility of meeting Canada's Kyoto targets by using the potential of resource recovery. These results could be far reaching, and with the example of what Salter describes as "Swedish sewageinuity," the CRD could turn overlooked resources into gold.

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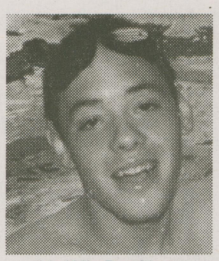

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Beware of candida problems

by Jill Lang

When I was 15, my mother, who has no education in medicine, diagnosed me with Irritable Bowel Syndrome (IBS)—an affliction that constipated me, caused me severe internal gas pain and led to the demise of my appetite.

Under the advisement of her own research, she ordered me to abstain from insoluble fibres like carrots, bran, corn and brassicus vegetables (broccoli, cauliflower and Brussels sprouts). Eventually the debilitating gas pains subsided, but IBS and cravings for sugar, especially chocolate, grew intolerable. As a result, chronic depression, weight gain and its consequent maintenance consumed my life.

So, after years of blaming bloating, gas, depression, mad sugar cravings, weight gain and moodiness on IBS, I finally sought holistic help from nutrition consultant and bodywork practitioner Carola Schleuss.

Schleuss sat down with me last March and, after 15 minutes, delivered the bad news: I had *Candida albicans*, or simply candida.

"We all have candida yeast," Schleuss said. "When we add stress to our bodies from birth control pills, antibiotics and pharmaceutical drugs, the intestinal flora gets disrupted. [Candida] takes over and becomes a bad bacterial fungus that creates bloating, gas, brain fog, major sugar cravings and moodiness."

Check, check, check, check and check. My doctor prescribed the birth control pill when I was 15 to regulate my periods. About six months later, my asthmatic smoker's lungs began to fail me, which sparked a dependence on a ventilator and the anti-inflammatory steroid prednisone. I was no pharmaceuticals virgin, either. That same year, I swapped five-cent candies for extra-strength Tylenol and various allergy pills.

"Pharmaceuticals eat holes in the gut," said Schleuss, "while oral contraceptives produce excess estrogen that floats around in the liver. The liver can't detoxify that excess estrogen, which is toxic to the body, so it gets reabsorbed into the bloodstream and feeds the [candida]."

Schleuss assumed I was a raging carboholic because of candida, so she advised me to first acknowledge my gastrointestinal distress: candidiasis. From there, recovery was largely dependent on what I ingested. I had a pattern of eating healthily for four days, and then I would devour bread, pasta, wine and chocolate cake until I almost regurgitated it. The binge caused bloating, gas, moodiness and more intense sugar cravings.

"Diet plays a big part in keeping the candida at a healthy level," Schleuss said. "Then you want to focus on herbs to kill it."

Pau'd Arco is an inexpensive bark plant known to kill candida, according to Schleuss. It can be bought in bulk, tincture or capsules, and she suggested drinking three cups of Pau'd Arco tea a day. The immune-boosting tea is especially sweet if a teaspoon of ginger and honey are added to it. More importantly, though, my body needed to be supported with vital nutrients.

"The first part of the candida diet is going to be mostly vegetables," said Schleuss. "Depending on the person, [killing the candida] can take anywhere from three months to a year."

Up to a year of eating only vegetables? The diet became more achievable when Schleuss said I could also eat protein, grains, and cultured and fermented foods. She encouraged me to eat grains like quinoa, millet and amaranth, and cultured and fermented foods like miso, tempeh, soy sauce, raw sauerkraut, yogurt, apple cider vinegar and kefir. Whole, living foods (foods rich in natural enzymes, minerals and vitamins) and free-range protein sources were the way to go.

"With candida you can eat eggs, chicken, turkey, beef and fish—whatever you can handle," Schleuss said. "Cottage cheese is a good protein if you can do dairy, but cheeses tend to be damp, which creates a mucousy, wet environment conducive to candida overgrowth."

She also recommended staying away from simple sugars, refined and processed foods, and foods like peanuts and cashews, which grow mold. Doable, but her other instruction, to give up the birth control, still didn't seem like a viable option. Oral contraceptives are tricky because many women are on them for one reason: prevention. When I told her I was on the pill for acne, Schleuss rolled her eyes and suggested I stop taking it and work on my liver health.

"Women have skin problems because excess hormones, usually xenohormones from chemicals, float around in the body," she said.

Xenohormones are foreign to the body and have a hormone- or estrogen-like effect. Often called xenoestrogens, common sources include oral contraceptives and almost all plastics.

"These xenohormones fasten to receptor sites where natural estrogen should bind. This excess estrogen recirculates because it can't detoxify in the liver and creates PMS, eczema, psoriasis, acne, uncomfortable periods—all of which can be remedied if we learned how to balance food."

Convinced I could be cured, I pursued Schleuss's candida diet and went off the pill. After four days, my roommate commented on my abnormally slim tummy. I felt invigorated. But, being a carboholic, I couldn't abandon simple sugars. I failed to improve my liver health and, in vain, relapsed back to the pill this past December.

I may be resolved to embrace oral contraceptives for now, but I'm not about to totally desert the candida diet. Eating more healthy had a positive impact on my gastrointestinal tract and boosted my overall health. I'd rather overcome candidiasis while I'm young and reasonably healthy than allow it to affect my body when I'm older and less likely to bounce back.

A comprehensive list of foods to eat on the Candida diet

Vegetables:
- Arugula, asparagus, bamboo shoots, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chives, collard greens, dandelion greens, endive, fennel, garlic, green beans, jicama, kale, kohlrabi, leeks, lettuce, mustard greens, spinach and string beans.

Starchy Vegetables:
- Acorn and butternut squash, lima beans, English peas, corn, water chestnuts, artichokes, red potatoes and yams.

Fruits:
- Apples, berries, bananas, cherries, lemons and melons.

Protein:
- Poultry—chicken, turkey and Cornish hen.
- Meat—beef, lamb and pork.
- Seafood—cod, mackerel, red snapper, rainbow trout, salmon, tuna and whitefish.

Starchy Protein:
- Aduki, black beans, chestnuts, chili beans, legumes, pinto beans, split peas and soy beans.

Fats & Oils:
- Avocado, almond oil, borage oil, evening primrose oil, flaxseed oil, olive oil, pumpkin seed oil, sesame oil, sunflower oil and butter.

Nuts & Seeds:
- Almonds (almond butter), coconut, filberts, flax seeds, hemp seeds, pumpkin seeds (pumpkin seed butter), sesame seeds, sunflower seeds and tahini.

Grains:
- Amaranth, millet and quinoa.
- Sprouted grain organic breads (sprouted grains are predigested and are absorbed into the body faster).

Eggs & Dairy:
- Butter, organic raw cheese, eggs, feta (preferably goat) and goat milk.

Cultured & Fermented Foods:
- Miso, tempeh, soy sauce, raw sauerkraut, yogurt, apple cider vinegar and kefir

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Editorial

Facebook crimes

Nudity, underage or excessive drinking, illegal drugs and secrets—these are all things best enjoyed in private or with a few close friends. But they're all things you'll find photos and boasting about on Facebook.com.

There are similarities between popular Internet networking sites like Facebook and real life: in real life, we meet friends and lovers through other friends and groups or clubs we join. In real life, when we say untrue and damaging things about other people in a public forum, we risk getting sued. In real life, we can write on each other's "walls" and join groups that are solely focused on how "John Cusack is superior to all other men." Indeed, there is no division between real life and Facebook. As warped and surreal as it may seem, Facebook exists: it is real life.

So it's no surprise that employers check out prospective employees' profiles, campus authorities use photos posted on Facebook as evidence in disciplinary actions against students and coaches monitor their athletes' pages and urge them to keep it clean or keep it private. They'd be fools not to.

Early this year, a University of South Carolina football player created a group called "White Nation" that had racist comments and a picture of a black baby in handcuffs. He maintains he meant it as a joke—"White Nation" was a team nickname—and he issued an apology to another group that formed in protest. What it seems the football player forgot was that Facebook is real, and when he pretended to be racist and ignorant, there was nothing to signal to anyone who wasn't in on the joke that it wasn't really anything but poorly executed irony.

At Penn State, Facebook was used to track down students who illegally rushed the field after a big football win. Even students who didn't join the "I Rushed the Field After the OSU Game (And Lived!)" group were identified in and disciplined because of the pictures that members of that group posted. Did the kids who rushed the field and then avoided the police who were there think that posting pictures of themselves rushing the field and then advertising it by inviting other students to the group wouldn't affect them in real life?

And getting caught on Facebook isn't just for American jocks. UVic's manager of residence student affairs, Liisa Gibson, told the *Martlet* that she doesn't "seek anything out" on Facebook, but when students show her a photo posted on the site, she doesn't hesitate use it as backup proof in disciplinary actions.

We could editorialize until the print runs off the page about keeping your incriminating photos off the Internet—or at least learning how to use Facebook's extensive privacy settings. We could remind you to be careful who your "friends" are, but surely you know this. Still, green puke from St. Patrick's Day will continue to decorate students' Facebook photos for as long as there are kegs of Canadian and little bottles of green food dye to pour in them.

So, when you post on Facebook, keep it real. While you're at it, you might remember that wall-to-wall conversations are real electronic message board-to-electronic message board conversations, not face-to-face ones, and too much creeping and stalking really is weird.

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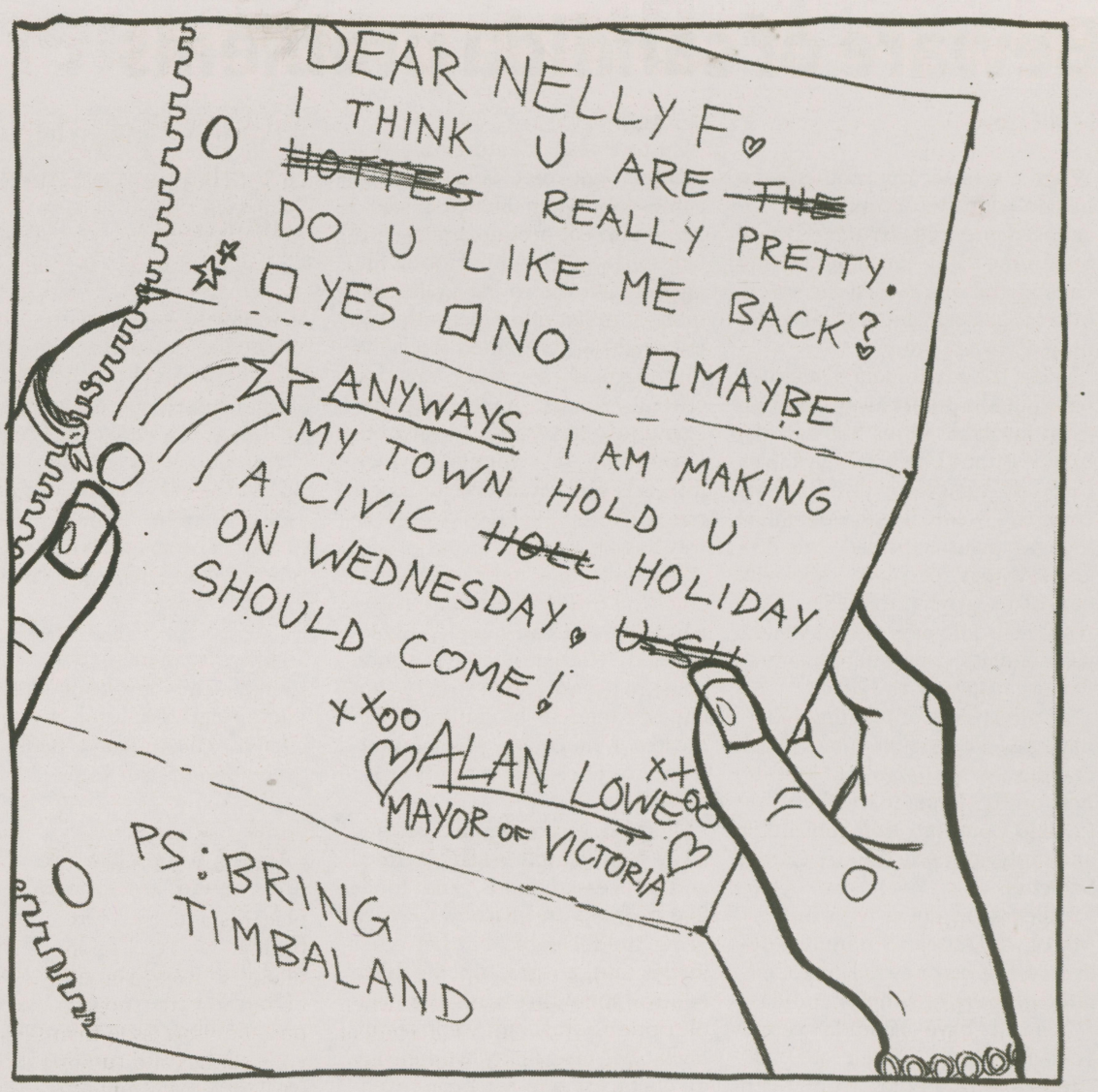
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LETTERS

Violent riots need weapons

The idea that advances in non-lethal weaponry equal a loss of freedom of speech and the right to protest is simply ridiculous ("Ray guns: the future for freedom," *Martlet*, March 8).

What seems to have been forgotten or ignored is the fact that, at times, peaceful protests become violent riots and forceful measures need to be taken to stop them. The Active Denial System (ADS) is more accurate and efficient than cumbersome weapons like water cannons, and it also leaves no significant damage as may happen with rubber bullets and batons.

To assume that the primary reason for the creation of the ADS is to avoid "public outrage" or "[leaving] anything messy for the press" and not to provide a better alternative to weapons today is to be needlessly pessimistic and reactionary.

Rioters can leave cars torched, businesses destroyed and people killed. A more efficient crowd control device would help immensely in dispersing violent activists before any serious damage was caused.

Besides this, the ADS will not cause any more of a crackdown on protests than the water cannon did when it was first introduced. The fact that authorities can disperse protesters does not mean they will, regardless of the tools available. It is the political climate that determines the response.

- Peter Matterson, UVic student

Stop A.C.T.ing like sore losers

In response to comments made by A.C.T. candidates in "Student elections discouraging" and "UVSS elections finish with a bang," (*Martlet*, March 15) I'd like to remark on the some of the glaring inconsistencies in their analysis of this year's elections.

First of all, their sudden outrage at a supposedly corrupt chief electoral officer followed so closely behind disappointing election results that it left me wondering whether they were simply grasping at straws. I was present during vote counting and was witness to the childish reactions and blame laying that seemed spurred by the realization that, surprise surprise, A.C.T Now might fall short in both director-at-large and executive positions.

Secondly, Erica Virtue's curious omission of the smear campaign against Day of Action organizers on which her party founded their platform in her comments of the "filthiness of student elections" was, at best, a bad case of selective memory. While lamenting about the negative turn in student politics, was she unaware that one of her running mates complained in his platform about the "deadbeats" plaguing the students' society?

All in all, AC.T. Now's unsuitability to govern the UVSS was highlighted by the blatant "transparency" of their discontent and their inability to stand "accountable" for their loss.

-Tess Grainger, UVic student

Accountability, Change and Transparency negative?

As the constituency rep for a group that endorsed A.C.T. Now and closely followed their campaign, I was astonished by chief electoral officer Lindsay Bourque's description of that campaign ("UVSS elections end with a bang," *Martlet*, March 15) as "entirely negative." Her followup remark really got me: "It just speaks to their character." Ouch.

I hope Bourque's extremely low opinion of the slate did not influence her decision to dismiss each concern they raised about the fairness of this election.

-Kyla Berry, Access UVic

Bourque not neutral

I would be doing a disservice to those I ran with if I did not respond to the statements contained in "UVSS elections finish with a bang" (*Martlet*, March 15). In this article, Lindsay Bourque attacks A.C.T. Now, claiming our campaign to be "completely negative," and says this spoke to our character.

The UVSS hired Bourque to be a neutral facilitator of the election. By making these statements, she provides evidence of her bias against A.C.T. Now. I find this to be questionable conduct, considering that earlier in the article, she attempts to dismiss any possibility of corruption on her part.

No formal complaints were filed against Bourque because proving bias would have been difficult. This was, of course, before she demonstrated her character by making those comments in last week's *Martlet*. I can only hope that before next year's election, real reform of the electoral policy occurs.

-Andrew Allen, A.C.T. Now candidate

Forget the UVSS

For the second year in a row, the UVSS election has been somewhat of a disaster ("UVSS elections finish with a bang," *Martlet*, March 15).

It's becoming increasingly clear to me that the UVSS no longer reflects what the students want, and that students don't care what the UVSS does. Therefore, at this point, I think the most logical thing for us to do is just disband the whole damn thing.

Now, before you start screaming to the rafters about all the essential services UVSS employs, let me just cut that line of argument off at its source. We would still pay for our U-Pass; we could still presumably provide funding for the SUB if that's what people want; we would still provide money for clubs and course unions and those sorts of things.

We keep all the functionality already in place—the things that work just fine in spite of who is in charge of the student government—and we just get rid of the politics. No elections, no political rallies, no executive, no charter except a contract for keeping the basics running.

-Aaron Barlow, UVic Student

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Blame summer boredom on TNT

by Dock Currie

When you're bored this summer and wondering why most of the summer music festivals that usually pop up downtown have been cancelled this year, you can cast your disapproving glare on TNT Productions.

These event organizers have decided they can no longer afford to provide us with such summer staples as FolkFest or Open-Air. And while I agree that it's not a good idea to keep running the festivals if they continue their trend of posting continuous and disappointing losses, as they have, I disagree with TNT's assertion that there is no way to make the festivals work outside of major refits to venues like Centennial Square.

The problems, say the organizers and Mayor Alan Lowe, are all in the identity of the festivals—especially in the case of FolkFest.

FolkFest started in 1971 as a rural showcase where local acts of all natures could get together and show off. It's only in recent years that the backdoor barbecue feel of FolkFest has started to dwindle and be replaced by the big-name professional show that it aspires to be today.

And, pardon me if I'm lungeing too far out on a limb here, but given that TNT took over FolkFest's operations in 1999, I'm pretty prepared to point the finger over the fact that the festival grew up too much, too fast.

The Open-Air concert series essentially picked up where the FolkFest left off: in Centennial Square, where FolkFest used to be held before being moved to the Inner Harbour as part of its identity crisis. Its goal was to provide a venue for artistic performance throughout the summer, which is an admirable goal indeed.

But the difference is that FolkFest is a set of dates that people can grit their teeth and ignore when it's cancelled, but Open-Air is a static presence throughout the summer that now simply won't exist this year. While the FolkFest cancellation amounts to a knife in the chest of Victoria's cultural image, the cancellation of Open-Air is more of a slow-bleeding slash through the abdomen. It will make itself felt with an empty square all summer long.

I'm not against Ozomatli or Sam Roberts—they're respectable musical acts. Regardless of whether FolkFest is supposed to be a giant star-studded event or a low-key local showcase, the point is it's supposed to happen.

And, honestly, if one company throws its hands up and cancels the show on behalf of the city, the city shouldn't just nod its head like it was the only thing to do. If TNT is too inept to make an event with attendance ranging as high as 100,000 profitable, they should get someone else who can.

The Victoria Inter-cultural Association is at liberty to contract the festivals out to whomever it deems capable of putting on a good show. It would seem only reasonable to think that they would be somewhat reticent to contract the festivals out in the future to an organization that, as we've seen, would put on no show at all.

Streakers, mooners and more

by Courtney Smith

I was sifting through UVic videos on YouTube.com last week when I came across clip of a student mooning classes while loudly proclaiming, "I'm a sexy boy!"

I was shocked. I was appalled. I wanted to see more.

When I imagine university students, I think of mass streaking, unexpected moonings and Lady Godiva rides. But during my three years at UVic, the closest thing to a naked rebellion I've seen is butt cleavage from a malfunctioning pair of low-rise jeans.

Where did our rebellious spirit go?

In the past month the legislature lawn has been trampled with rallies for supporters of everything from child care to seal rights. But placards and speeches are getting boring. We need to shake it up a bit by showing some skin. What better way to show you're serious about an issue than taking of your clothes and running through parliament? It's quite the commitment.

And nudity isn't just for serious issues. It's hilarious. The last time (if ever) you were mooned, didn't you laugh? The students who saw the UVic mooner on YouTube certainly did.

Mooners epitomize a light-hearted approach to life and show how comfortable they are with their body image.

Everybody wins.

Streaking has even preceded famous political careers. George W. Crump (yes, I know it's disappointing that it isn't Bush) streaked through Lexington, VA. He later went on to become a U.S. congressman and ambassador to Chile.

After an example like that, how could you say no to streaking? I encourage all of you to look up streaking on Wikipedia. You too will start to wonder why we're keeping our university out of the prestigious league of university streaking.

I'm not some pervert who is salivating on my laptop at the thought of naked coeds running laps on Ring Road. I'm just a cheeky writing student saddened at the thought that the supposed haven of the risqué and controversial doesn't exist. We're an institute of higher learning—isn't this where we're supposed to intellectually misbehave?

I definitely think so. This is probably the only time in our lives that we can get away with it.

So, all you would-be streakers and mooners, here is my advice: Start small. Drop your pants for a passing bus. Moon a group of professors (obviously, not your own professors). Work your way up to tearing off your clothes in the middle of class.

Good streaking requires an exit strategy—a friend with backup clothes hidden somewhere inconspicuous. And, whether it's for protest or pleasure, keep it clean. There's no "sex" in streaking.

I hope this has inspired you to take a decisive stand on your issues, to like your body more and to enjoy a sense of humour. I look forward to seeing all your naked asses out there.

Students deserve better from UVSS

by Erin Sikora, outgoing UVSS director-at-large

I tried to write a balanced opinion piece on how this new students' society (UVSS) board should work together and move forward, but I must admit that I have failed miserably. I've failed because I didn't come up with a balanced piece. But I have an opinion, and it matters.

Last year I had a very tough election experience. I worked my ass off for two weeks and I won by a tiny margin along with only a couple other members of my slate (Students for Progressive Change). Adding salt to the wound, the opposing slate was aided behind the scenes by my real-world nemesis: Dallas Henault, the president of the BC Young Liberals at the time.

I was worried about my newly elected colleagues, but I made a point of trying to get along with them all. As soon as I got to know the members of the other slate, my concerns were allayed. They were all just students who, like me, had opinions and wanted to get involved with the UVSS to serve our fellow students. There were some tense moments this past year, and definitely some moments where I felt marginalized, but for the most part, we all worked well together. I even became friends with some of them.

And this year's candidates will need to do the same. On top of this, A.C.T. Now candidates quite publicly put down Team FAST and their supporters, calling them "hippies" and "deadbeats." The whole election was pretty ugly.

I have experienced winning while seeing many friends losing. It's not fun. But once elected, you have to show some respect for the students who voted for you and for the other UVSS directors with whom you will be serving your term. The election is over; it's time to get along.

Stop the name-calling and give up on the battles that you have fought and lost. For instance, you may be very angry that there was a national student Day of Action (DOA), but you have to accept that the majority of students don't share your anger.

If they did, A.C.T. Now's campaign against the DOA would have resulted in more people voting for the slate. I'm sure that although only 500 or so students showed up to the legislature, many more wish they had gone or are at least glad that there was a DOA.

Above all, new directors, remember that your opinion matters, and many students may indeed share it. But other, sometimes differing, opinions matter too.

Profs: make learning science more interesting

by Mark Delan Seneviratne and Tyler Herrington

Science doesn't have to be boring. But many profs aren't doing much to make it any other way.

In chemistry especially, the labs are far too repetitive. Students spend four hours in a lab coat creating a compound and analyzing it, and then they spend up to eight hours writing a report—it's the same every week.

Perhaps there could be alternating labs and seminars, where a student chooses a compound of their choice, analyzes it and then discusses his or her findings in the seminar the following week. And it wouldn't hurt us to get out of the classroom for a field trip once in a while.

The science department tends to cram midterms in all at once. I had three exams in three days during the week preceding reading break, and I knew of students who had four or five exams that week. Profs could do a better job at spreading out their midterms.

In many of the scientific disciplines, professors make students memorize useless information; instead, they should focus on concepts. The "real world" doesn't consist of incredibly hard tests and exams designed to fail as many people as possible.

Other scientific disciplines should try to model themselves after the earth and ocean sciences (EOS) faculty, because it does a very good job of presenting a variety of media by which marks can be granted. For example, all the courses hold at least one field trip per course, which I find very useful, because we get a chance at the "practical side" and are actually able to apply our theory and learn how it really works.

Many of the second-year and upper-level courses offer research assignments that may include a presentation and/or a paper.

I wish professors in the science faculty would spend a lecture or two discussing why their field is relevant to society and telling us possible career paths relating to their field.

I am sure students would feel more obliged to learn the material if they knew that the theory being taught is actually useful in the private sector and not just a way to weed out those of us who aren't going to grad school.

ART underwor

Art Gallery of Greater Victoria
1040 Moss Street
Phone: 384-4101
www.aggv.bc.ca

The Ministry of Casual Living
1442 Haultain St./@ Belmont
Phone: 519-0113
bonniegoodden@hotmail.com
http://ministryofcasualliving.ca

Open Space
510 Fort St./second floor
Phone: 383-8833
openspace@openspace.ca
www.openspace.ca

Deluge Contemporar
636 Yates St./second
Phone: 385-
http://delug

Studio 16 1/2 Art Emporium
Fan Tan Alley/Fisgard entrance
Phone: 595-6709
info@fantanstudios.com
www.fantanstudios.com

Window Project
1407 Government St./next to Decade
hotam@finearts.uvic.ca
www.windowproject.org

The Project Arts Community
614 ½ Fisgard St./second floor
Phone: 381-3033
projectarts@shaw.ca
http://theprojectarts.com

The Fifty Fifty Arts Colle
2516 Douglas St./north o
Thefifty_fifty@hotmail
http://thefiftyfift

OFFBEAT—AND OFF THE BEATEN PATH—ART GALLERIES IN VICTORIA

by Liz Sperandeo

At first glance, you would never assume that John Boehme is a veteran of the visual arts scene. His clothes seem mainstream and ordinary, and his hair isn't crazy or wild—in fact, he's bald. But if you feed him questions about the art scene in Victoria, his relatively normal disposition fades away, and off he goes. Boehme gets up close and personal—in his already cramped office—and as I probe him for information, his eyebrows twist and turn with each new question. As his day job, Boehme teaches visual arts at Camosun College, but he travels around the globe to participate in and attend exhibits.

"There is no arts scene in Victoria," says a colleague passing by Boehme's office. I question this statement, and the colleague confesses that he's "being facetious." But his casual joke makes me question the truth behind his humour. There are countless students and residents of Victoria who probably have no idea about the large number of galleries around town, both commercial and non-profit.

Walking down Fan Tan Alley is an experience in itself. Climbing the stairs of Studio 16 1/2 Art Emporium feels like the added discovery of a treasure-filled attic and challenges the preconceived ideas of what a gallery should be. A simple red sign is the only marker of the space. Up a staircase and around a corner, you escape into a world where paper animals dangle from mobiles and daylight floods the room through a round skylight. The canvases of local artists are displayed in one corner, yet the entire room holds unexpected objects turned into art. There are racks of clothes, cards, pins, tea, tattoo salve and honeycomb. It's all art, and it's all there for viewing pleasure. But if you feel so inclined to buy a glazed bowl, there just so happens to be a price tag. Catering to the emerging artist is a major aspect of Studio 16 1/2, and it becomes obvious as you explore the space and see copies of art society Pmntmrkr's "The Feast" sitting in front of a sign that boldly states "you need this book."

Visiting the Art Gallery of Greater Victoria (AGGV) draws a very different picture of the arts. Unlike commercial galleries in other major cities, the AGGV is tucked away off the main streets, giving the illusion that it's just another heritage home. Walking through the doors, visitors are invited forward by hallways leading in different directions—that is, until the reception desk stops you and requires you to pay. Off to one side of the entrance is what separates most commercial galleries from alternative ones: the gift shop. You can buy cards, jewelry and books about all kinds of artists (including every Emily Carr book known to man).

Galleries like the AGGV have the funding and the media coverage to bring in countless exhibitions from established artists as well as historical art. People turn to the AGGV for a taste of the arts, and they recognize it as a major art centre in Victoria. But the AGGV's history of impressive shows, including the Group of Seven and E.J. Hughes, suggests a gallery not focused on emerging artists.

PHOTO PROVIDED BY ART GALLERY OF GREATER VICTORIA

On UVic's campus, the only art that a majority of students see resides in the McPherson gallery, viewed as they roam the ground floor of the library in search of a computer station. On the opposite side of Ring Road, it's easy to forget you are still on campus when you're first exposed to the Visual Arts Building. The white walls and high ceilings force your eyes to the only spots of colour in the hallway: the students' art. During class hours, the hallways are deserted, and the only sound comes from an audio-video art project playing on a flat screen TV around the corner. As a visitor, it's only natural to feel out of place, especially if it's your first visit to the building.

"The campus exists because it's a community for emerging artists," says John Threlfall, editor of *Monday Magazine* and instructor at UVic. He acknowledges that there is a definite gap between campus arts and the downtown scene, and that making the leap off-campus can be hard.

"The problem with the Visual Arts Building being on campus is it's a contained, isolated environment, off in suburbia," states Bob Wise, visual arts instructor at UVic. "Nobody sees the Visual Arts Building [art] work but the students that are there all the time," he says.

Threlfall points out that with poetry readings in local cafés and film screenings occasionally at Lucky Bar, the connection between campus art and the downtown scene has improved. He also says that the students and professors still tend to make up a large portion of the "in crowd" that is associated with the arts scene.

Being on the inside of the arts community, Jennifer Cook—a fourth-year visual arts student who is graduating this April from the Honours program at UVic—finds it hard to separate herself from something she's immersed in daily.

"The art scene in general has always been clique-oriented. Of course, if you were to attend an opening, you might feel on the outside as people engage in theoretical conversation and name-dropping … but there isn't only one way to engage with art."

Instead of admitting to the alleged snobbery, Boehme suggests that it is simply a shared vocabulary that contributes to a language within a community—and this is one theory that Threlfall is quick to reinforce.

"These artists have created their own scene," says Threlfall. "And it can be perceived as snobby, but I mean, really, anything can come off as being snobby."

While some people may focus on the disadvantages of maintaining an arts scene on an island, Boehme and others are confident in arguing that, per capita, Victoria has more going on than people realize.

"Look at how many people there are in Vancouver compared to Victoria—we have way more going on here, and we're a smaller city," says Threlfall.

"People just buy into the idea that Victoria is a dull town. They want it all given to them on a plate—here's everything going on this week—and it doesn't work that way. You have to do some digging into the alternative visual arts community. Unless you make an effort to involve yourself, most people will just gloss over it."

Wise sees this disconnect between the outsiders and insiders as a challenge for artists.

"It's an accomplishment to involve those not in the 'crowd' in your artwork," he says. "The failure of the art world is it does not include."

While it takes a bit of scratching to get beneath the surface of standard commercial galleries, there are services out there that can help facilitate your adventure into the arts scene.

One of the major services available to both the artist community and the general public is the Community Arts Council of Greater Victoria (CAC). As an arts advocacy group, the CAC believes in using art as a vehicle for creating community and emphasizes their role as a link between the public and the arts scene. The resource materials offered through the CAC are available to visitors of the centre—where they can pick up any number of pamphlets, flyers, contact information or information about the arts events around town—and members receive weekly e-mails that include arts calendars (you can become a member for only $15 annually). As it turns out, the CAC is one of the best places to find out about the galleries that exist in the downtown arts community.

"There's so much going on that if you

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Community Arts Council of Greater Victoria
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Phone: 381-2787
info@cacgv.ca
http:www.cacgv.ca

The Slide Room Gallery
2549 Quadra St./VISA School lower floor
Phone: 380-3500
info@vancouverislandschoolart.com
http://www.slideroomgallery.com

rld

WILLIE LI PHOTO

don't get an update you, wouldn't have any idea," explains Alexis Celona, assistant arts administrator for the program.

"Once you make an effort to get in the scene, you start to hear about things. Our resources are perfect for that," she says.

Paul Scrivener, executive director of the CAC, explains that they cater to all of the citizens of Victoria. He believes any interaction between campus art and the greater scene is beneficial.

"It allows you to share and bring[s] you into a community."

Boehme suggests that those who are looking to get involved in the arts community should do the same as those emerging artists. "Volunteer at artist-run centres, attend openings, check it out and participate in our cultural landscape in any capacity of time."

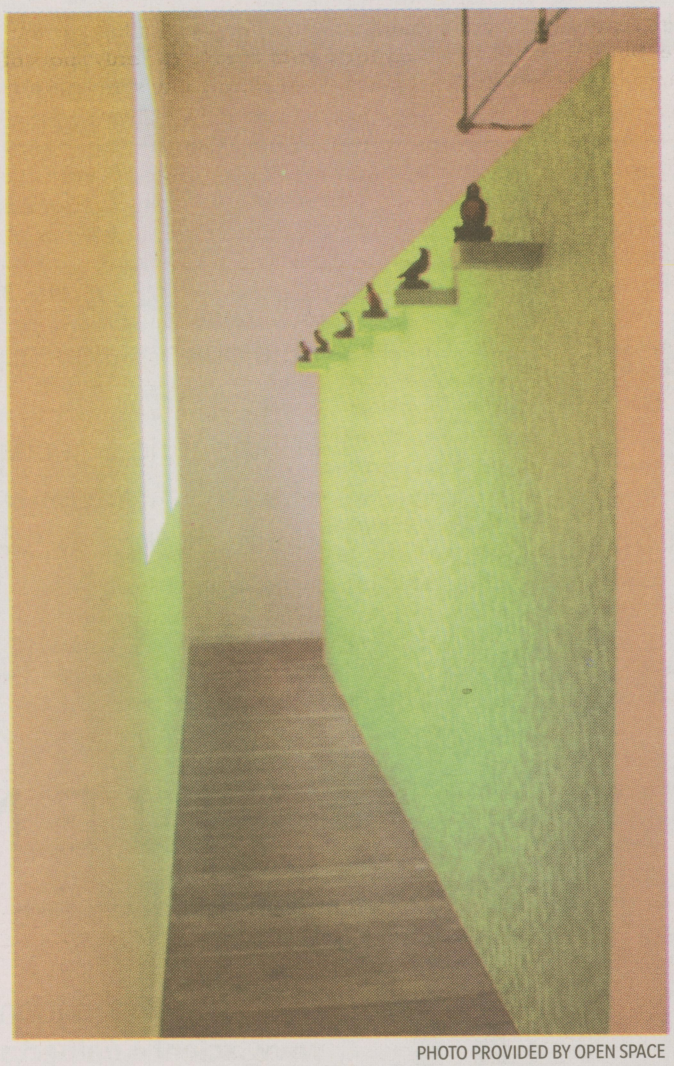
Beyond the obvious exterior of commercial art venues lies a more hidden arts community. Alternative galleries are as welcoming to the general public as any commercial space; however, they focus on emerging artists and art aficionados. The galleries have all established their own characteristics. Looking for rogue art? Turn to Deluge. Multimedia strikes your fancy? The Fifty Fifty will help you out. The Ministry of Casual Living has emerging contemporary art, while Open Space holds exhibitions as well as performance pieces. And if you're looking for an emphasis on the installation aspect of art work rather than imposing art work on a space, Studio 16 1/2 Art Emporium is the place to be.

If you're looking for an opportunity to get involved in the arts scene, the timing couldn't be better. On March 23, Victoria's artist-run centres will collectively open their doors for Off The Grid, an en masse art crawl for local artist-run centres.

Off The Grid will include nine spaces that are contributing significantly to Victoria's promising arts scene. Some of the newer organizations, such as Slide Room Gallery and The Project Arts Community, will be complemented by established residents of Victoria's artist-run culture such as Open Space and the CAC. Each space will showcase work that represents a diverse cross-section of local and national art. Other galleries participating are Deluge Contemporary Art, The Fifty Fifty Arts Collective, Window Project, Studio 16 1/2 Art Emporium and The Ministry of Casual Living.

Opposite page: Auguste Rodin's "The Kiss," part of the upcoming Rodin: A Magnificent Obsession exhibit.

Clockwise from above: Aerial view of students' art displayed in the UVic visual arts building; "Untitled" by Ryan McMillan displayed in the visual arts building; a piece by Brendan Fernandes as part of Open Space's current exhibit Unpacked and Reheated; and a piece by Steve Rayner from the same exhibit.



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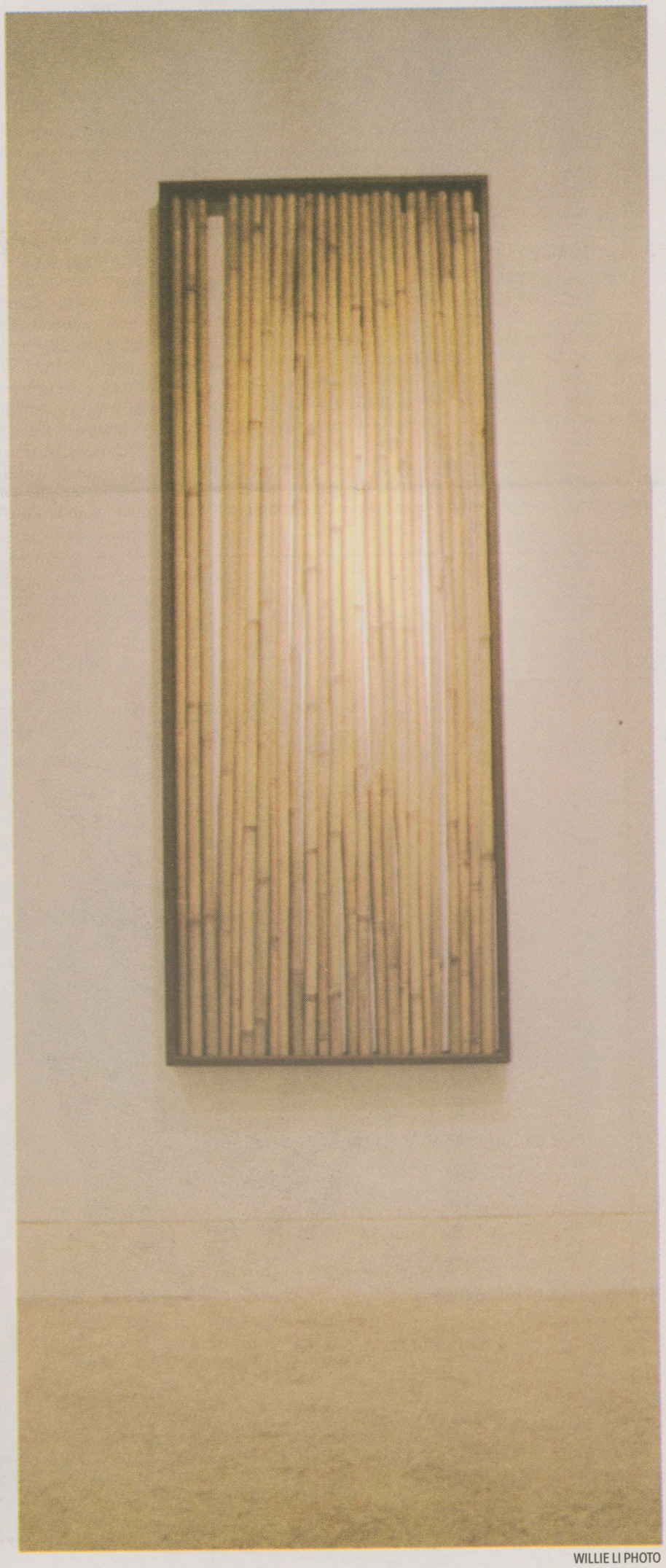


WILLIE LI PHOTO

WILLIE LI PHOTO

Prowling for nougat zebras

This confectionary masterpiece, made by George Graham for Roger's Chocolate, will be the centerpiece at Chocolate Fest 2007, presented by Big Brothers and Big Sisters on Sunday, March 25.

The lion is made of 544-kilogram of solid semi-sweet dark chocolate and is based on the sculptures on the Lions Gate Bridge in Vancouver. The mold was made by Art Form Sculpting Studios for a commission by a pub on Vancouver's North Shore.

After Chocolate Fest, the lion will be like a mascot for the chocolate company and available for use by Big Brothers and Sisters.

COLUMN | POST-EVERYTHING

Rolling Stone: Post-heyday

Dear reader: In last week's column, "Breaking Down Emo," I identified bands like The Smiths and The Cure as the forebears of the "emo" descriptor. In doing this, I was attempting to address the popularized image of emo as melodic, introspective and often weepy. However, I neglected to mention 1980s Washington, D.C., bands such as Fugazi and Rites of Spring, who, even though they resented it, were the first to officially wear the emo crown. My apologies for the omission, and thanks to those who cared enough to bring it to my attention.

by Kevin Ehman

Yeah, I would love to work for *Rolling Stone*—if it were 1974. That's because the magazine is no longer—how can I put this—um, any good. But if it were 1974, I would be hanging out in San Francisco with Hunter S. Thompson and Lester Bangs, ripping into the system/the man while obsessively arguing that "Houses of the Holy" will later be considered the turning point in Zeppelin's career (and I don't even like Led Zeppelin). But this is not 1974, and we're a long way from San Francisco. In fact, we are about as far as we can get, engulfed in the corporate black hole that is New York City. And what else is in NYC? Television cameras, and shitloads of them.

That is the unholy union that brought us the now-deceased MTV reality series "I'm from *Rolling Stone*," possibly the most boring and stagnant reality show yet. Seasons one and two of *The Apprentice* probably take the cake when it comes to competent contestants—after all, these were Harvard grads and seasoned entrepreneurs fighting it out tooth and nail for a chance to work for The Donald. Shit, even Kelly Clarkson somewhat deserved to sell millions of records after winning American Idol—at least she can sing (and, I may add, act—*From Justin to Kelly* is a fucking masterpiece).

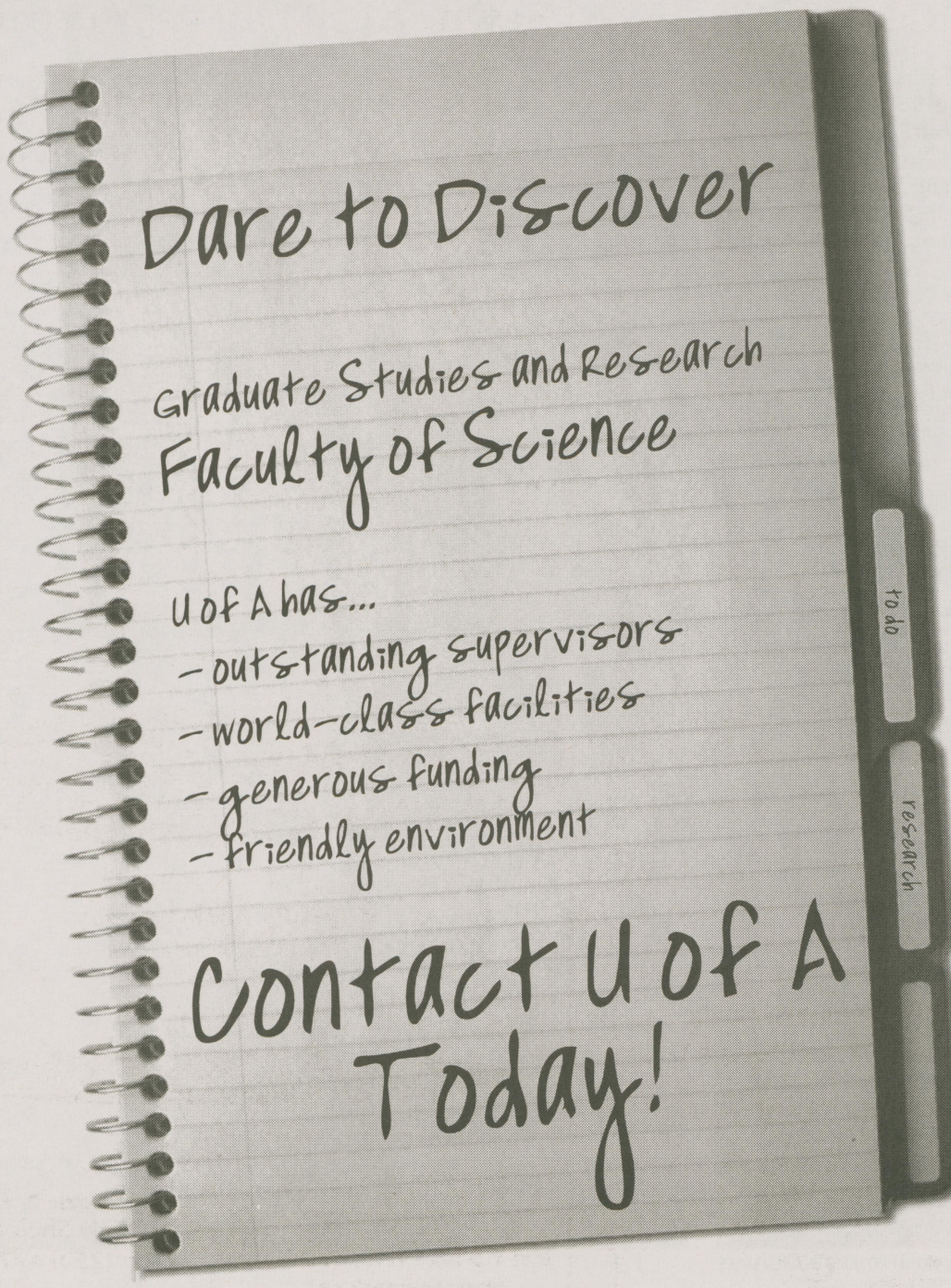
But the same cannot be said for our aspiring writers who competed for a contributing editor job at *Rolling Stone*. Peter, Tika, Russell, Krishtine, Colin and Krystal were selected to come to NYC and complete various writing assignments in an attempt to impress MTV/VH1 slut Joe Levy (a.k.a. *Rolling Stone* executive editor). If they succeeded, they had an individual piece posted on the *RS* website or printed in the actual rag (a rare feat for these six contestants).

Now even though they were cursed with a douche like Levy and shitty MTV editing, these aspiring journalists were given every chance to succeed. They were each handed a shiny new black MacBook, their "mentors" (actual RS writers/editors) set up interviews with famous artists for them and the apparently dedicated and bright staff of the publication doled out immeasurable amounts of writing tips and help. But still the contestants managed to fail, and fail badly. So badly, in fact, there were rumours MTV almost cancelled the series right before the finale.

Let's view a couple of examples. In episode five, Krystal gets an interview with a personal favourite of mine, Slug from Atmosphere. During the course of their chitchat, Slug, a famously self-described boozer and womanizer, decides to spice up the otherwise boring interview by asking Krystal if she would climb aboard his tour bus and do dirty things with him. She becomes too flustered to write the article, earning her the scorn of editor Alex Mar—who chides her for not being a professional. And fair enough—I'm sure if I were interviewing Avril Lavigne and she solicited me, I would be all, "Whoa Avril, chill—let's do this right, because I'm from *Rolling Stone*, and we're top-notch pros."

In episode seven, Russell lines up an interview with Lupe Fiasco. Briefed before the interview by Fiasco's manager, Russell is told to only ask questions about the music—nothing personal or political. So Russell proceeds to breeze through the conversation without incident, only to throw in one last question about black American Muslims, racial profiling and airborne terrorism. Fiasco gets pissed off and ends the interview, leaving Russell to scratch his head and wonder what went wrong.

The point of dissecting this horrible excuse for a talent search is to reiterate an age- (well, modern-age-) old maxim. Going on reality TV is not the way to get your dream job or become famous. That kind of stuff still requires (groan) "old-fashioned hard work." Because hell yes, I want to work for Pitchfork—but I seriously doubt my employment there will come through the lens of an intrusive TV camera.



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CD REVIEWS | RICHARD SWIFT, ALBERT HAMMOND, LILY ALLEN, JAY-Z

Coming up from MySpace and coming down from retirement

Richard Swift
Dressed Up for the Let Down
Secretly Canadian

by Steve Carey

Musicians always say Bob Dylan, Bob Marley and the Rolling Stones inspire them. If they're from California, the next burst of names is fairly random, but hipsters and folkies alike mention Richard Swift as a great inspiration for what contemporary balladeers can do.

That's strange. After all, the mop-topped twentysomething Swift has only released one CD to date—a double disc called *The Collected Richard Swift, Vol. 1*. And as of Feb. 20, Swift releases his second CD, *Dressed Up for the Let Down*. The cover shot is of a sad Swift, wrapped in a Mexican blanket, holding a bushel of balloons, skipping along a mountain path. Twisted.

It's easy to explain why Swift has released a double disc CD set as a "first" album. Swift does most of his pressing on vinyl, preferring to sell his 45s at shows, a romantic notion built from his childhood idea of a being a motorcycle-riding record salesman. This is echoed in Let Down's A- and B-side track listings.

He's gritty and restrained, a man who puts a show into the music, portraying a mellow kind of sad that lets you know everything will be okay. "The Million Dollar Baby" includes the smooth and cheery chorus line: "I wish I was dead most of the time ... but I don't really mean it." You'll be singing along and not even notice.

Swift is a storyteller. The music evokes the lo-fi greats of American folk, the kind covered with dust that live in the backrooms and bedrooms of another generation. The tunes are dominated by acoustic guitar and the more upbeat ones include honky-tonk piano riffs, taking the feel-good upbeat nature of honky-tonk and turning it around.

The fact this music sounds dusty is strange—an album like *Dressed Up for the Let Down* will always be around, a favourite road trip music that will never sit still long enough to collect dust.

Swift grew up chopping wood in Oregon and is currently based out of Orange County, CA. *The Collected Richard Swift, Vol. 1* contains his masterwork, a 20-minute album called *The Novelist*; a narrated, sound-sampled ballad telling the story of a writer looking for love—as well as another full-length album. Both were only released previously in limited-run LP form.

Albert Hammond, Jr.
Yours To Keep
Scratchie/New Line Records

by Nadine Graham

Strokes rhythm guitarist Albert Hammond Jr. strikes out on his own with his debut release, *Yours to Keep*, released on Scratchie/New Line Records and produced by Greg Lattimer, vocalist for the late '90s band Thin Lizard Dawn. Even though this is a solo album, Hammond makes it clear that he has not left the Strokes.

Notable contributors on the album include Sean Lennon, Julian Casablancas and Ben Kweller. The album starts with the lullaby "Cartoon Music for Super Heroes," but the track doesn't foreshadow the rest of the CD.

The remainder is full of sunny and catchy indie-pop that's fun to sing along to. Hammond's musical skill stands out in "101." The catchy hook is reminiscent of Strokes songs. The song tells a tale of lost love and the reluctance to start again.

"Scared" is another notable song in which Hammond uses his voice to create a soothing melody and backup vocals emphasize longing and desperation.

While they are widely varied, the songs fit together well and flow easily from one to the next. Before you know it, to your disappointment, the CD is already over. Here's to hoping Hammond has more songwriting duties on the next Strokes album.

Lily Allen
Alright, Still
Capitol

by Brendan Washbrook

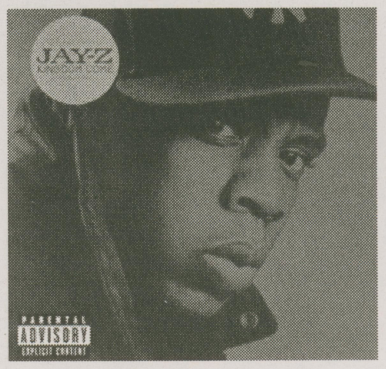
It seems like only yesterday a waif-like Robert Plant or a lithe Mick Jagger, encased in blood-constricting jeans, could mince and strut in front of an adoring multitude, when icons would undergo hours of genital torture so that their audience could explore with mute supplication their every denimed crevice.

These days, we like our rock stars a little more down to earth and a little more self-effacing—a little more like Lily Allen, in fact. As the most feted U.K. act (with the Arctic Monkeys) to spring from MySpace, Allen has several advantages over her more conventionally successful female compatriots: she is less irritating than Lady Sovereign, more sane than Amy Winehouse and more contemporary than Joss Stone.

Alright, Still boasts a nondescript title and cover, but this is part of Allen's charm: had she been snapped clad in studded leather athwart a rampaging white tiger, it would run counter to the modesty of the whole affair. This modesty is belied by the quality of her songs, which are by turn sharp, poignant, catty and carefree.

Accompanied by languid reggae and bubbly ska, she covers breakups: "Smile"; pickups: "Knock 'em Out"; and, in pitiless terms, a former boyfriend's equipment: "Not Big." "LDN" describes a jaunt through London with an irony that wonderfully undercuts the sunny ska backup.

Perhaps the best song on the album, and the one that points to the sort of lyricist Allen could be, "Littlest Things" recounts the mundane but strangely memorable details of a sundered relationship. Lines like "drinking tea in bed, watching DVDs" may seem unremarkable, but Allen's quavering delivery (despite her thin voice, she can sell a song) makes them sweet, affecting and unassuming.



Jay-Z
Kingdom Come
Roc-A-Fella Records

by Laurie Graham

First, my favourite line, the one that made me laugh out loud: "I'm young enough to know the right car to buy yet grown enough not to put rims on it."

It's off a track called "30 Something" on this, Jay-Z's latest release, *Kingdom Come*. And the song comes smack in the middle of the album, which is, to me, symbolic.

Yup, Jay-Z's 37 and an ex-retiree, if any of y'all didn't know. *Kingdom Come*, released back in November of last year, was marketed by some as "hip hop for adults," but, if we look to the 3-D-movie effect that makes up the cover of the CD, we get two images of the man they call Hova: the first is him in a Yanks cap—simple street Jay-Z, young Jay-Z. The one behind it—once you pull the booklet out from the red plastic case—is Jay-Z in millionaire garb: the tweed blazer, the old-man glasses.

Old Jay-Z. Eh? Eh? This is a man on the cusp, in the middle, neither old nor young. Accordingly, he throws down his thoughts about this state with simultaneous wisdom and cockiness—two traits that could very easily typify his entire career—but there's an introspective thing happening on a number of tracks: "Lost One," "Dig a Hole" and especially "Beach Chair." Less urgency, more callin'-it-like-he-sees-it.

There are, along with this thoughtfulness, some tracks that make a person wonder what Hova was thinking. Pharrell-produced "Anything" is a grating, disorganized little number. "Hollywood," his duet with Beyonce on the poison that lurks at the bottom of the fame well, has the sound of has-been Vegas show repertoire.

They can't all be gems, I guess. It's harder than it looks, being in the middle.

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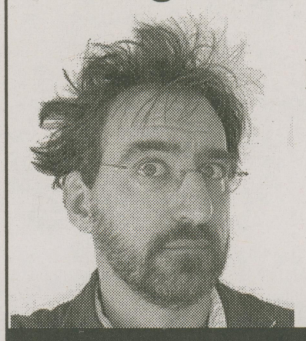

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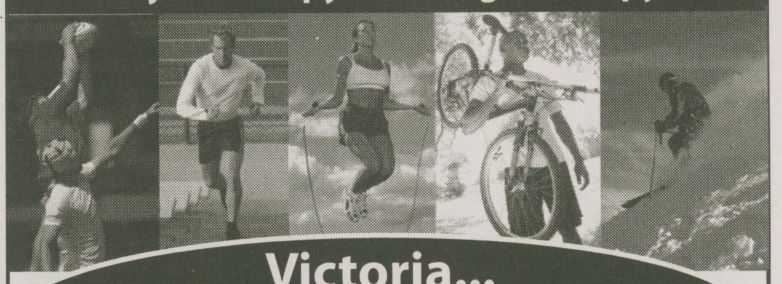

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The story of their lives

Puente Theatre at the Belfry presents four plays about gender, identity, and culture

by Anna Kemp

A series of four one-woman plays directed by Lina de Guevara will be playing at the Belfry Theatre as part of the Meli Festival from March 27 to April 1.

In each of the four shows, created and performed by women of colour from diverse cultural backgrounds, the artists explore issues of gender, identity and culture from personal perspectives.

De Guevara came to Canada from Chile in 1976. An actor and theatre director in Chile, she continued as an actor, drama teacher, theatre director and writer in Canada. In 1988, she founded Puente Theatre in Victoria.

"The experience of the immigrant is a very shocking one," said de Guevara about her motivation for starting Puente Theatre.

"I wanted to tell my story and the stories of other Latin American women." Her work now includes the voices of immigrants from around the world and of indigenous peoples.

For the Meli Festival, de Guevara has worked closely with the four performers—Grace Chan, Raji Basi, Krystal Cook and Romina Miranda—to create separate plays that deal with the same themes, reflecting on and enriching each other.

"In general, the performers haven't seen each other's shows," she said. "But I see all four plays and I am fascinated ... this is a very unique thing. I have never seen this done before. I think all four plays should be seen together."

Krystal Cook, a Kwakwaka'wakw woman from the Namgis territory of Alert Bay, is the writer and performer of *Emergence*, one of the Meli Festival plays. Cook is a poet, a spoken word artist and a theatre performer who has a passion for keeping the oral tradition alive.

In *Emergence*, Cook describes her own personal journey using masks, movement, sound and spoken word.

"The play is an exploration of what has influenced my world view as a girl, as a woman, as a native woman, as a poet," said Cook.

For Cook, artists and performers play a vital role in communicating the perspectives of First Nations people.

"What has been portrayed through the media is that our experiences are somehow inhuman. As we tell our stories this dehumanization dissolves ... I think my own creative journey, with poetry and performing, has been a lot about ownership of voice—to be able to tell our stories from our own world view, not allowing Hollywood or the powers that be to interpret our stories for us."

De Guevara also emphasizes the importance of immigrants' telling their own stories. "Telling your own story yourself, not being interpreted, is an important way to become respected. When you are an immigrant, you are very diminished—people treat you as a child."

"We come here with riches. We are not beggars," she said.

During the Meli Festival, the four plays—*Emergence*, *Chile Con Carne*, *Uthe/Athe (Here/There)*, and *Patriot in Search of a Country*—will be playing two a night, with each one lasting about an hour.

"I encourage people to come and see these plays," said de Guevara. "All four shows are very enriching, exciting and positive. There is something life affirming in all of the shows ... you see so many problems in the world you can feel de-vitalized. I feel these shows are very vitalizing."

Internet comics at UVic

by Megan Drysdale

Van Sessions, a Victoria-based sketch comedy team, had their first screening on March 16 on campus in the David Strong building. It's an appropriate venue for the team's big-screen debut—two of the five members are current UVic students and the other three are UVic alumni.

Even though the group has existed in various forms since 1999, Van Sessions hasn't felt the need until now to sit with their audience; instead of participating in screenings and festivals, Van Sessions have relied on Internet video sites like YouTube.com to get their name out to the public.

It was their Harry Potter trailer spoof, *Harry Potter and the Sexy Northerner*, that garnered the group the most attention, with over 40,000 hits.

"I think a lot of things with large fan bases attract a lot of people," said Rob Shearer, a member of Van Sessions. "'Harry Potter Parody' is the kind of tag someone would search for."

The group has also been featured on other well-established video sites like AddictingClips.com.

Despite their online popularity, the group thought it was time to host a screening.

"Doing a screening is nice for a change," said Shearer. "It's one thing to hear from your friends that it's great, and it's another to see a crowd's reaction and laughing."

The group's earlier work mainly consisted of commercial spoofs and music videos. But the group has evolved, both in comedic and technical skills.

The group thinks in short-term goals. They're planning on participating in more festivals and contests—this weekend, they filmed their entry for YouTube's "New Numa song" contest, with a US$25,000 prize for best video. Shearer sounds hopeful about their chances.

"It's a big prize, but no one seems to be taking the contest seriously," said Shearer. "It's all pretty amateur entries. We're hoping we stand out because we're bringing a certain amount of professionalism."

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Sharks in trouble

by Steven Masuch

Sharkwater is a labour of love from first-time filmmaker Rob Stewart that tries to get you closer to sharks than you've ever been.

While Stewart may not have made any movies before, his experience in underwater photography and cinematography shines through. His own love for sharks, and animals in general, shows as well.

"I just had a really huge appreciation of animals," Stewart said about his childhood self. "Sharks were sort of like the last dinosaurs, the last dragons we have on the planet, so they were always fascinating."

The film is also meant to educate you about the dangers facing the shark population and spur you into taking action to save them. While well meaning, the film lacks a lasting emotional edge and fails to leave the intended effect.

Sharkwater starts out by examining the public opinion of sharks with examples such as *Jaws*. Of course, they show that the shark menace is exaggerated as Stewart swims with the sharks and is left unharmed. One of the statistics used throughout the movie is that more people are killed each year by pop machines than by sharks.

The movie goes on to chronicle Stewart's efforts in shark conservation. It's more extreme than donating each month to the World Wildlife Fund—Stewart joins the Sea Shepherd Conservation Society and travels to the Galapagos Islands and Costa Rica to fight the illegal fishing of sharks.

The practice of shark finning is the biggest danger to the species. Sharks are caught, their fins are cut off and they are thrown back into the water, where they suffocate. The fins are then sold as a purported medicine due to their alleged ability to cure cancer and arthritis. The fins are also used to make shark-fin soup, a status symbol in Chinese society. At one point, Stewart is placed under house arrest on his boat in Costa Rica. Then he uncovers a massive shark-finning operation and manages to escape the country before he can be held indefinitely in jail.

Stewart started the movie simply as a documentary about ocean life in general. He then moved the focus to sharks, but it was still meant as a documentary instead of an activist film.

After his escape from Costa Rica and a brush with disease that almost cost him his leg, he worked on the movie off and on for years, even quitting the project twice when he found himself stumped about what to do next.

While he was working as an undersea photographer for commercial nature documentaries, he found that the footage he was taking was the missing material for his film. After several writers, directors and investors, the film has finally being released to Canadian audiences.

Stewart plans to translate the movie into Chinese, among other languages, in order to reach an international audience. He hopes that Yao Ming or Jackie Chan, two Chinese celebrities who have already spoken out against shark-fin soup, would be willing to narrate the Chinese version of the film.

There's no intellectual reason to ignore the shark finning, but the movie lacks a lasting emotional punch, perhaps because of the same phobia and distaste for sharks the movie documents.

Another reason may be the movie's silver-lined ending, which tells how long-line fishing is once again banned in the Galapagos and that the people of Costa Rica protest against the shark-finning industry. Combined with the peppy Moby single for the credits, the ending takes away some of the audience's feeling of personal responsibility and makes them think that the problem is being taken care of already.

Stewart does say that there are plenty of ways to get involved with the shark conservation effort, but the biggest thing is that people need to become educated and move past their own fears and misconceptions about sharks.

"I think one of the most important things now is for conservation to become cool," said Stewart. "It's got to become a trend, just like anything else. People need to care."

HILARY AGRO PHOTO

Bloc Party opened with "Song For Clay," the first song on their new album, *A Weekend In The City*.

Bloc Party goes to town

by Hilary Agro

One day in early November last year, Bloc Party drummer Matt Tong was so awesome that his lung exploded.

What began as a sad cancelled tour turned out to be a blessing for true Bloc Party fans. Those of us who had tickets to their Vancouver show for later that month thought we'd been robbed of the chance to see them play and left with worthless tickets for Panic! At The Goddamn We Suck At Music Disco, the headliners.

Little did we know that Bloc Party would be back in full force only four months later at the Orpheum Theatre in Vancouver on March 12, headlining like they always should, with Tong healthy and at the drum kit.

All I had heard about the opening act, Torontonian Owen Pallett's project Final Fantasy, was that it was "some crazy guy on a violin." They were right, but they were missing the crazy guy on a piano part—and the point. It was a brilliant mix of classical string music and turbulent indie pop-rock. Picture Beethoven on the violin with Ryan Adams' voice and a panicky Chris Martin playing piano with a gun to his head. The combination made for a superbly atmospheric and volatile performance.

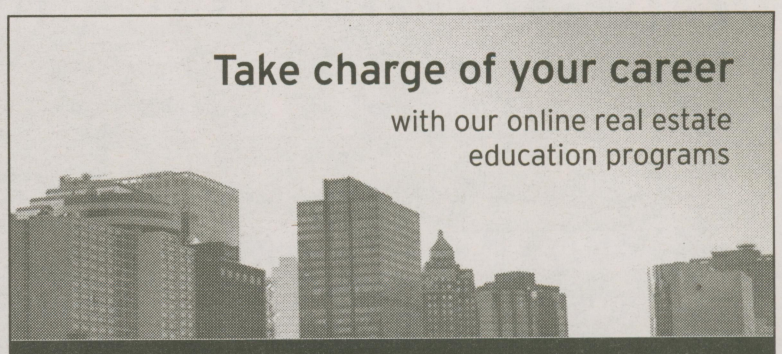
There was really only one song that Bloc Party could have opened their set with at this time in their career. "Song for Clay," the first song on the new album, *A Weekend in the City*, is just too anthemic to put anywhere in the show but the beginning. And sure enough, as the screams from the audience gave way to the first lines of that very song, I felt whatever composure I had left melt into a musical out-of-body experience.

Now, I will admit one thing about my favourite band (and I do not use that term lightly)—their sleekly engineered, polished sound does not seem as though it would lend itself well to a live performance. I've seen many bands, like Small Sins and Wilco, that manage to transform their hi-fi or subdued music into a rock show that surprises and delights their audience. But a lot of bands try the same thing and fail miserably, either because they attempt unsuccessfully to duplicate their studio sound or because they decide to up the distortion from none at all to who-the-fuck-are-we-listening-to in an attempt to hide their pop influences and please a drunk and rowdy audience.

But this British indie foursome perfected the transition between their slickly produced albums and live rock 'n' roll. Though I was disappointed that they stuck to their hit singles and album favourites, forgoing such B-side gems as "Two More Years" and "We Were Lovers," their set list was a good mix of old and new. Kele Okereke's powerful lyrics take on an entirely new meaning when they're heard live and projected through massive speakers.

I left that concert minus a week's paycheque (two shirts and a keychain, because I'm silly in love and, of course, you can't put a price on hipness) but with a glowing memory that will long outlast my albums and lovingly (illegally) downloaded MP3s.

There are few bands that I would spend a total of 11 rainy hours travelling in the middle of the week by taxi, bus and ferry to see for one night. But I would gladly travel another 12 to see Bloc Party live again.



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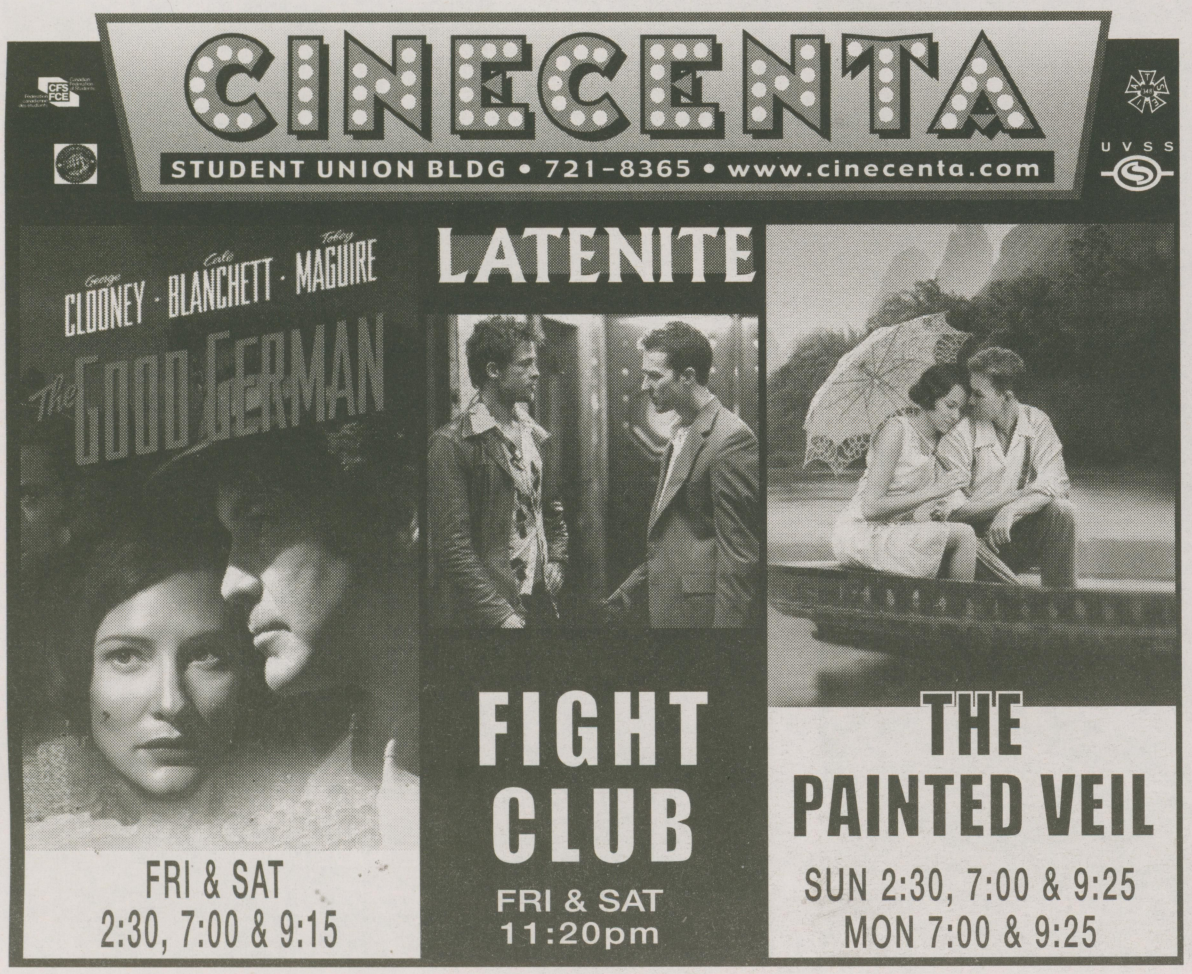


UVic Scoreboard!

Men's field hockey

Mar. 17 UVic 4 Island Selects 2

Women's rugby

Mar. 17 Cowichan 29 UVic 9

Men's rugby

Mar. 17 UVic 16 Capilano 6

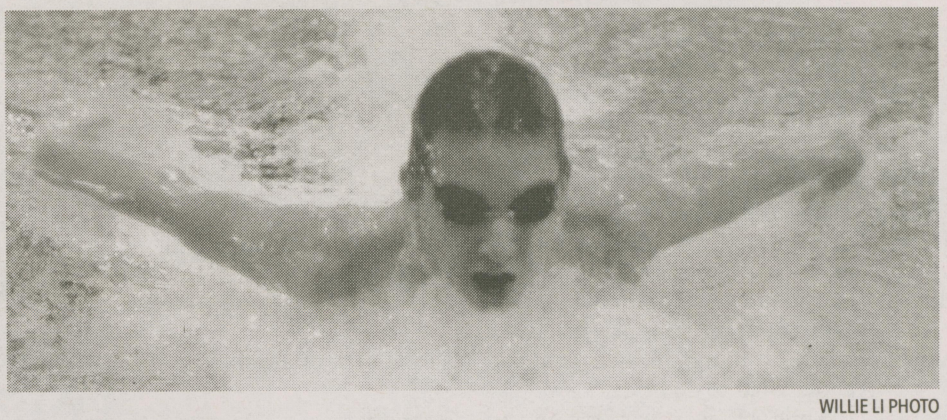
JOCK TALK

"Sailing makes you excited to be alive, which disappears often when you're in a wheelchair."

- Sailor Pippa Blake, who has multiple sclerosis

Rookie UVic swimmer making waves

by Clare Noble



WILLIE LI PHOTO

Vikes phenom Matt Pariselli practises his stroke in the McKinnon Pool.

It's been a year of change for rookie UVic swimmer Matt Pariselli.

Originally from Toronto, Pariselli completed first-year studies at York University before moving to Victoria for second year. In just seven months, the swimmer has started a major in anthropology at a new university and adjusted to life in a new city and his career as a Vikes swimmer.

"I always knew I wanted to go away," said Pariselli. So he talked to his coach at York, who recommended UVic because it had a good long-distance swimming program. "He's good friends with [UVic swimming coach Dr. Peter Vizsolyi], so it just kind of made sense."

Pariselli started swimming competitively at the age of six. He was inspired by his older brother, Mark, who was also a swimmer. Mark swam for UBC for two years before giving up the sport, but Matt is carrying on strong.

Pariselli's passion for swimming strengthened over the years, taking him all the way to Montreal last summer, where he won a bronze in the men's 800-metre freestyle at the Pan Pacific Trials. That earned him the right to compete in the Pan Pacific Championships in Saanich last August, where, at age 18, he represented Canada.

"The actual meet itself wasn't that great, but it was a good experience," said Pariselli, who came 32nd in the 400-metre freestyle, 21st in the 1500-metre freestyle and last in the 400-metre individual medley and 800-metre freestyle. "A lot of people say that their first national meets aren't really great."

The long-distance freestyle swimmer is a perfectionist when it comes to fixing a stroke technique. "If [my coach] sees something that he wants me to change, I'd want to do it as fast as I could. If I can't get it, it bugs me," said Pariselli. "It's good in a sense that I'm anxious to change things for the better. I guess if I get too anxious about it, it can probably be a bad thing."

With plenty of rookies joining UVic this year, the team is still working on forming a tight-knit bond, but according to Pariselli, "the people on the team motivate each other and are encouraging."

One of the more recent team excursions was to a training camp in Mexico over the Christmas vacation, where Pariselli got a taste of the workout that he was used to back home. "We definitely boosted the mileage, so I was more comfortable with what we were doing," he said.

The swimmer certainly seems to be adjusting to his new training routines, earning a silver medal in the 1,500-metre freestyle event at the Canadian Interuniversity Sport Championships in Halifax last month. "Up until that point I hadn't really done any good racing, and I was kind of disappointed with how the season had gone. I managed to go some best times, so it was a bit of a relief," he said.

Pariselli's determination to succeed doesn't go unnoticed by his coach. "I think that he's extremely disciplined—I can't remember the last time he missed a practice," said coach Vizsolyi. "Even if he's not swimming well, he's very much within himself—not chirping about how things aren't going well. He'll deal with it, try to fix it and try to move forward."

Pariselli has big dreams for the future. "I'd like to go to the Olympics and win medals—just test myself, see how far I can go with it," he said.

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Vikes close out season with 4-2 win over Island Selects

by Gemma Karstens-Smith

They may have had a slow start, but the Vikes men's field hockey team finished the regular season on a high note. They beat their Victoria rivals, the Island Selects, 4-2 on March 17 at the UVic turf.

"We had a really strong second half," said coach Alan Williams. "I was really pleased."

The biggest downside of the afternoon was the downpour of rain that pelted players and spectators and refused to let up. As sticks and feet hit the ground, miniature fountains of rainwater sprayed from the turf.

Despite the wet weather, the Vikes put up a sound performance by passing well and creating turnovers. Scoring began with a Vikes goal midway through the first half.

Derrick Norton kept up the intensity by sneaking past the Selects' goalie and putting one in the net minutes later. But late in the first, the Selects scored off a short corner.

Initially the Vikes had some trouble penetrating the Selects defence in the second half, and the ball spent a lot of time in the home zone. Vikes goalie Jonathan Plumbley did a great job defending, even throwing his body to the ground to block a shot. Still, Plumbley's performance wasn't quite enough when a Selects player faked a shot before putting one in behind him. Soon after, the Selects had a breakaway but UVic's Yoshua Ichihashi came back to shut it down.

Connor Meakin broke the tie, scoring after a series of strong passing and possession. Derrick Norton followed, getting the final goal after weaving through the Selects' defence and popping one into the empty net after their goalie came out to challenge.

It's been a tough season for the young Vikes team, which moved up from Division One to play in the Premier League this year. The team faced some character tests, including a 10-0 loss to UBC on Jan. 21, a game Williams called a season lowlight.

As for highlights, the March 17 game stood out.

"The two goals we scored [in the second half] were premier-level goals—they were top goals," said Williams. "Overall I think it's a very successful season, especially considering the jump we had to make."

Vikes fans seem to agree. "The guys are playing so much better," said one spectator. "They'll do well next year."

For Williams, the challenge will be increasing the team's composure and confidence. "We're starting to be in those situations where we're up at half," he said. "How do we finish it up?"

While UVic's regular season is over, the team will host a tournament over the Easter weekend.

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WILLIE LI PHOTO

Jill Carruthers' safe hands smother a soccer ball in a November match against Ottawa.

Star goalie switches to rugby in off-season

by Kim Magi

When Jill Carruthers came to UVic three years ago, she knew she'd be playing soccer—but she had no idea that she'd be "harassed" into playing rugby too.

Growing up in Saskatoon, Carruthers focused on soccer from the age of five and landed herself on the under-16 national team when she was 15. That's where Tracy David, current women's soccer coach for the Vikes and then-assistant coach of the national team, spotted her.

"She's a great goalkeeper. Simple. Bottom line," said David.

Because of Carruthers' success as a goalie, universities around North America, including UVic, showed interest. "I had a couple offers from the States," said Carruthers, "but nothing enticing."

Carruthers knew she wanted to stay in Canada and had her mind made up when David stepped in and offered a full scholarship to UVic. The only thing driving Carruthers' choice at the time was "pure soccer," and "it was an awesome decision." The Vikes won the national championship in 2005 with Carruthers in net.

Last school year, while Carruthers was working in "the cage," the desk in the McKinnon building basement, then-assistant rugby coach Ian Cruickshank would come in to pick up the team's rugby gear, and he would nag Carruthers to try out for the team while he was at it. "I knew she'd be good at rugby because she's a top-level soccer player," said Cruickshank. "She's a goalie. She has good hands ... she has good vision."

Cruickshank's nagging persistence paid off. "He harassed me to play rugby," Carruthers said.

In November 2005, Carruthers worked at Centennial Stadium during the university women's rugby championship to see what the sport was all about. Although Carruthers wasn't sure how she felt about the game, Cruickshank convinced her to come to one of the team's games.

She went into the change room to meet the women before the game, where she was told that the team only had 14 players. Thinking the lineup was the same as soccer, where teams field 11 players, Carruthers didn't see the significance of her attendance—until she was told that they needed 15 players.

She threw on a uniform and started the game, but she only played 20 minutes because another player showed up after the game started.

But it was enough to hook Carruthers. She tried out for the team this year and is now a starting centre. "I was already half-crazy, so just toss me in another sport—whatever," she said.

"She's picked up the game quite quickly," said David Graham, Vikes rugby coach. "She's become an integral part of the team."

Many of the skills that Carruthers picked up as a soccer goalie have transferred to rugby. "We've utilized her kicking to a high degree," said Graham. "She's fairly courageous," he added, noting that the soccer goalie is not afraid to dive down and get the ball.

Rugby has also helped Carruthers' goalkeeping skills. David said Carruthers improved her stance after coming back to the soccer team after the rugby season. "We noticed that she had good body balance," David said. "She was much more solid."

Both coaches recognize Carruthers' leadership ability. Graham said Carruthers is a leader "by virtue of her experience."

David said, "Jill is very good in terms of trying to make people feel welcome."

Soccer is still the priority for Carruthers. Since the end of the soccer season overlaps with the beginning of the rugby season, David told Carruthers that she had to wait to finish soccer before she could play rugby. Not only did she not want to risk losing Carruthers to injury, but "she would be burnt out," said David.

Carruthers' success on both teams has kept her in excellent shape. During last summer's off-season, Carruthers stayed in town to play soccer for the Victoria Stars and rugby for the Crimson Tide to keep her fitness and skill levels up to par.

During the school year, most of Carruthers' time is taken up by sports, but she still manages to take four courses to work towards her bio-psych degree, work 20 hours in the McKinnon cage and coach young goalkeepers every week.

After she graduates at the end of the next school year, Carruthers plans to take a year off before pursuing physiotherapy.

SPORTS SHORTS

Hockey team crowned champs

UVic's hockey team won the inaugural B.C. Intercollegiate Hockey League Championships. They defeated the University College of the Fraser Valley 8-3 in the final.

The win capped off an undefeated season for UVic, which won 13 games and tied four.

UVic centre Drew Davis, the league's leading scorer, was named MVP of the championship tournament, while Victoria 'tender Gord Neave was the top goalie.

Vikes PR co-ordinator resigns

Pete Lewis, PR co-ordinator for the UVic Vikes, called it quits March 19 after five years on the job.

He will take advantage of two months of accumulated vacation time to pursue hobbies and finish his master's degree.

Lewis worked closely with the media and his hard work and friendly, honest personality will be missed.

Canada drops out of World Cup

Team Canada will not be advancing to the elimination stage of the 2007 Cricket World Cup after losing its first two group matches.

The Canadians lost by 7 wickets to the Kenyans before falling by 51 runs to England. The Canucks take on New Zealand in their final group stage match on March 22.

The tournament is hosted by nine countries in the West Indies: Antigua; Barbados; Grenada; Guyana; Jamaica; St. Kitts-Nevis; St. Lucia; St. Vincent, Grenadines; and Trinidad and Tobago.

Piatek feat topples Capilano

Steve Piatek scored all of UVic's 16 points as the Vikes rugby team knocked off Capilano 16-6.

The March 17 game at Wallace Field was tied 3-3 at the half. But Piatek turned it on in the second. He scored a try and kicked the conversion, and added two penalty kicks as well.

Salmon Kings turning it around

The Victoria Salmon Kings are on track to make the ECHL playoffs for the first time in their history.

The S-Kings are in seventh place in the National Conference with eight games left to play. The top eight teams will make the playoffs.

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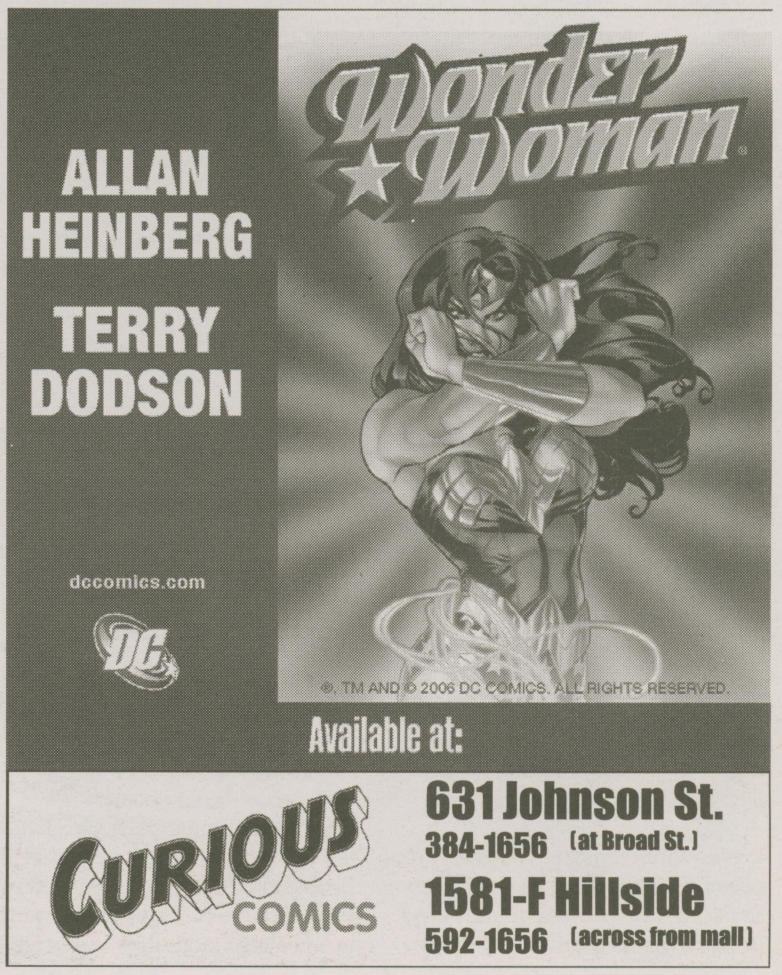

Sea change for former ski instructor

Pippa Blake, who has multiple sclerosis, said sailing makes her 'excited to be alive'

by Megan Drysdale

Ten years ago, Pippa Blake, a former ski instructor from New Zealand, couldn't picture herself competing in international sailing competitions.

That was before she was diagnosed with multiple sclerosis (MS), a neurological disease. It made her paralyzed on her left side and made her vulnerable to frostbite.

Needing a year-long mild climate, Blake moved to Victoria and joined the Multiple Sclerosis Society of Canada. Two years ago, she watched a presentation by the Disabled Sailing Association of British Columbia (DSABC) and decided to give sailing a try.

"I wasn't much of a water person before," said Blake. "But now being on the water is hugely euphoric."

Last year she competed in the Mobility Cup, a Vancouver regatta that attracts participants and spectators from all over the world. "It was amazing, seeing all these wheelchairs lined up on the dock," she said. The sailors met with Sam Sullivan, DSABC founder, and Rick Martin, the creator of the Martin 16, a sailboat accessible for people with a disability.

Blake is proud to show pictures and a DVD from the regatta, pointing out familiar faces and recounting highlights. She hopes to go to this year's Mobility Cup in Halifax. Blake is enthusiastic when talking about sailing in general, something that DSABC would be happy to hear.

"We're working to make people independent sailors," said Doug Nutting, executive director of Recreation Integration Victoria (RIV), an organization that includes DSABC Victoria. "Our members include seniors who've sailed their whole life who don't have the strength anymore to people with developmental, mental or neurosensory disabilities." Members range in age from eight to 89.

Sam Sullivan, now mayor of Vancouver, founded the DSABC in Vancouver. Paralyzed by a ski accident, Sullivan started the program in 1989 with a boat donated to him by Rick Hansen, president and CEO of the Rick Hansen Foundation, a non-profit for people with spinal cord injuries.

The Victoria chapter of the DSABC started in the summer of 1991, when sailors borrowed a boat for six weeks to run the program. There was enough interest to warrant a program from June to Labour Day weekend the following year. Now the society has seven boats specifically designed with deep keels to help steady the boat, as well as Sip 'n Puff technology that allow quadriplegics to steer the boat by sucking or blowing into a straw.

PROVIDED PHOTO

Sailor Pippa Blake said that being on the water is "hugely euphoric."

Hosted by the Canadian Forces Sailing Association in Esquimalt, of the program has been filled to capacity for the past two years with 118 active members.

Blake recounted a speech that Sullivan gave during the opening of the Mobility Cup. Sullivan talked about his depression after his accident and how sailing changed his life. "He said, 'First I was Sam Sullivan, sailor. Now I'm Sam Sullivan, mayor,'" recalled Blake.

This attitude of empowerment has permeated Blake's own philosophy. "Sailing makes you excited to be alive, which disappears often when you're in a wheelchair," she said.

She doesn't train specifically for sailing in the off-season. Instead, she's taking fitness classes to prepare for a trip to the Himalayas this summer with her two sons. Blake described the wheelchair she'll be travelling in as a padded, human-sized metal wheelbarrow.

Going to the Himalayas is a trip she had dreamed of but never thought possible after she was diagnosed with MS.

"Sailing makes you feel stronger about what you can achieve," she said. "I think it makes you realize what you're still capable of."

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Sauna-Pool-Ritual Swedish Massage. Relax-expand zen@placestoplay.net www.placestoplay.net 250-418-9054.

GET PAID TO PARTY!!!
Book your next fund-raiser at the Lucky Bar. 382-LUCK or luckybar@shaw.ca

CERTIFIED ESL TUTOR
Carol Anne. 744-1346.

Writing essays a problem? Editing a chore? Gales English Clinics offers a cure – finally! 886-4055.

Are you an entrepreneurial student determined to stay out of debt? Call 598-6552.

ON CAMPUS

FREE FOOD DOR STUDENTS
Come enjoy a free dinner and discuss, learn and share about the issues of student poverty with your federal MLA Denise Savoie. Friday March 30, 6 p.m. in Vertigo. Everyone welcome! For more info. email tfaire@uvic.ca

BUDDHIST MEDITATION
UVic Interfaith Chapel, Tuesdays 6:45-8 p.m. 642-7936.
www.zenwest.ca

The Environmental Law Club has many upcoming events in throughout the year. Please visit www.elc.uvic.ca/club for details on speakers, activities and campaigns as they become available. Thank you. rachelsqf@gmail.com

ANNOUNCEMENTS

LIVE IMPROV COMEDY
"Throw Us A Line Improv"
Wednesdays 8:30 Soprano's Karaoke Bar. NO COVER.

AUDITION NOTICE:
Shakespeare in the Summer 07 auditions for "Romeo & Juliet" directed by Barbara Poggemiller April 14 & 15 from 10 a.m.-5 p.m. For info & bookings call 250.589.5596 or email theatrepeople@hotmail.com

WISE WOMEN'S WELLNESS SESSIONS Are you interested in developing new communication skills, gaining confidence and connecting with other women? Every Tuesday 1:15 p.m. to 3:00 p.m. until April 24, Call 363-2640 for more info.

Don't miss this performance of Carl Orff's **"Carmina Burana"**: an exciting production of this popular work with 3 choirs and dancers. Prima Choir with the University of Victoria Chamber Singers, Viva Choirs and West Coast Ballet Bruce More, Conductor. Sunday, April 1, 2007, 7:30pm, at Alix Goolden Hall, Victoria Conservatory Tickets $12 at the door, or from the Singers. For further info. call 721-7907

OUTDOOR TENNIS LEAGUE
Local tennis players are invited to participate in both singles and doubles tennis leagues organized to start in April. Deadline for registration is March 31st.
www.bctennisleagues.50megs.com

Come Dancing! Join Saanich International Folk Dancers Wednesdays and Fridays, at Fairfield United Church, 1303 Fairfield Road at 7:30. Instruction on Wednesdays. Drop-in $4; first visit free. Phone (250)598-6424 or (250)598-4089.

Chocolate Fest 2007 Fund-raiser for Big Brothers Big Sisters of Victoria. Enjoy Chocolate, Games, Wine and Beer! March 25, noon-6 p.m. Victoria Conference Centre www.chocolatefest.ca

Island Montessori is having a BBQ on March 24th, 2007 at M & M Meats (#14-3637 Shelbourne St.) from 11-3. Come and buy lunch for a minimum $2 donation and then take a look through the store for great tasting M & M products. There is also a raffle draw with a bike donated from Oak Bay Bikes and a gift basket donated from Calling All Cards. Tickets are $2 each and can be purchased at the store before or on the day of the BBQ. For more info. please phone 514-9391.

Western Canada Wilderness Committee club. ANCIENT FOREST SCAVENGER HUNT! Music: tequila Mockingbird orchestra. Food, prizes, silkscreening. 11 - 3 Friday, March 23 in front of the SUB.

VOLUNTEERS WANTED

Volunteer Opportunity!
Interested in measuring sustainability at UVic? COME JOIN the UVSP in the campus sustainability assessment and gain valuable research experience! To find out more, email csafuvic@gmail.com, or come to an info session every Tuesday 14:30-15:30 (SUB B007)

Food Not Bombs serves free vegan food every Sunday at Vancouver and Pandora tree. Call 383-5144 x1940 for kitchen locations.

Notice to students in Education, Geography or Biology: Excellent volunteer opportunities at Swan Lake Christmas Hill Nature Sanctuary. For more details e-mail Joan at: volunteer@swanlake.bc.ca

Hey! Why aren't ya volunteering with Uvic Pride already? Come be our social coordinator! Or something! uvicpride@uvss.uvic.ca Queers, Trans, Intersex and Allies... SUB B118

FOR SALE

Lotsa used bikes 4 sale $100-250 ReCyclistas @ 25 Crease Ave. 418-8867.

LOST

Bracelet with charms and amethyst stones. Social Club or Victoria Golf Club, Friday March 2. Very sentimental value, offering $100 reward. Please call 598-3331.

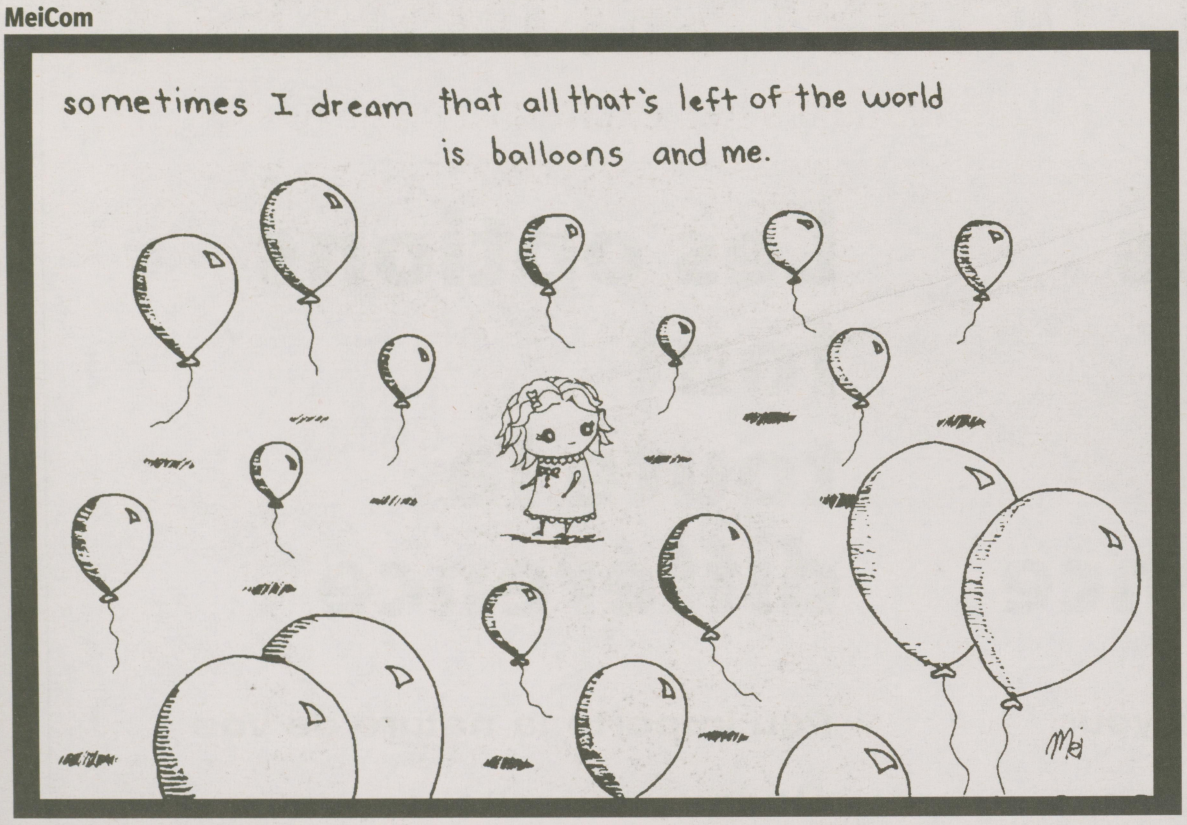
HEY YOU!

Stand-up people don't lie down for layabouts—They kick them out of the way (figuratively and literally).

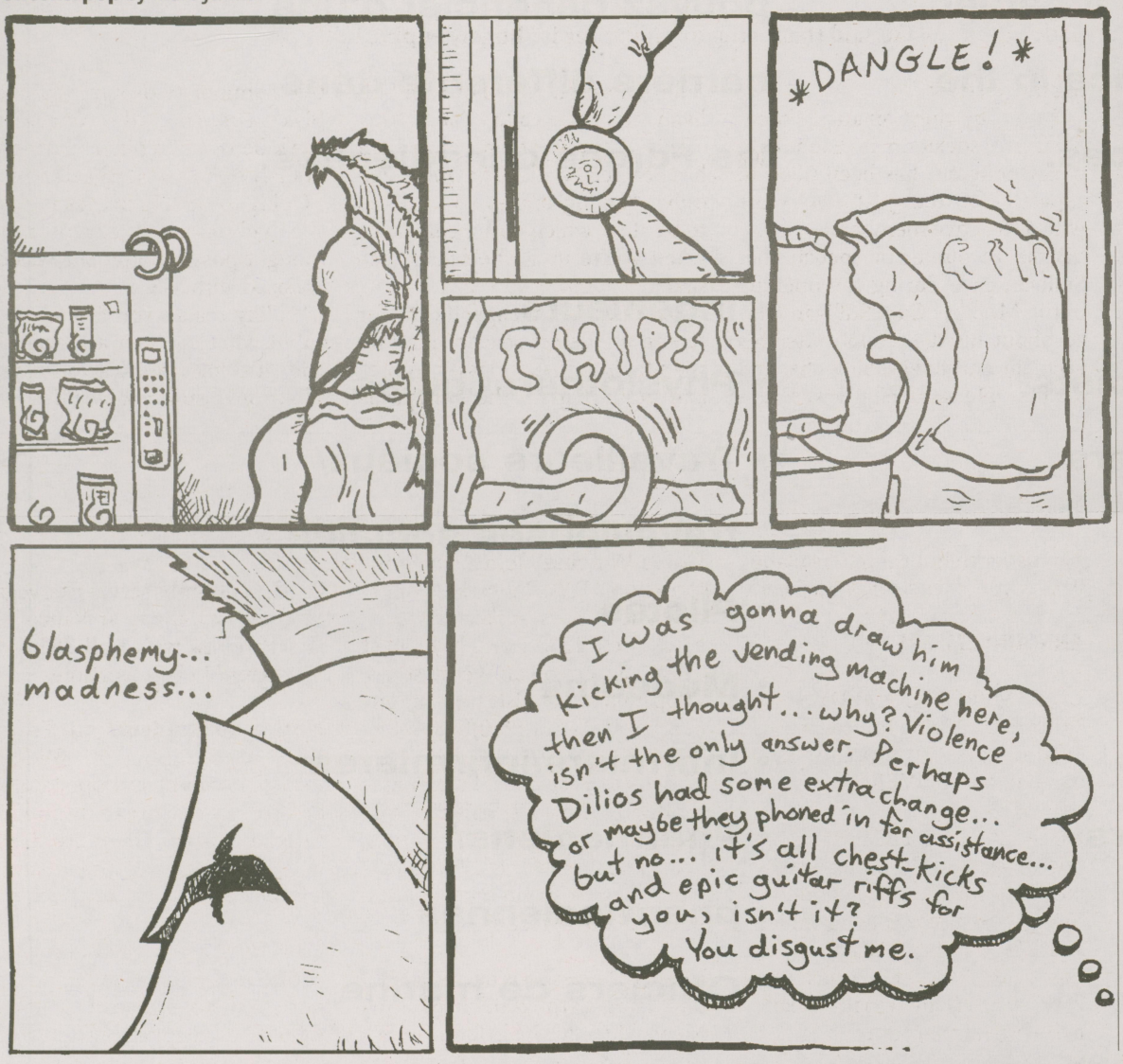
Okay, so now i'm educated, but I've lost the love of my life. How s-m-r-t is that?

If you don't use the subjunctive mood properly, I will kick you.

MeiCom



Checkerpop by Marc Junker


DANGLE!
CHIPS
blasphemy... madness...
I was gonna draw him kicking the vending machine here, then I thought... why? Violence isn't the only answer. Perhaps Dilios had some extra change... or maybe they phoned in for assistance... but no... it's all chest-kicks and epic guitar riffs for you, isn't it? You disgust me.

SAM & FUZZY
©2005 BY SAM LOGAN
SAM, YOU'VE BEEN ACTING NERVOUS ALL NIGHT... EVEN WORSE THAN YOU WERE YESTERDAY! WHY WON'T YOU TELL ME WHAT'S BOTHERING YOU?
SWEETIE, CAN WE TALK ABOUT THIS LATER? I'M--
SIGH! YOU THINK I'M CHEATING ON YOU, DON'T YOU?
WHAT?!? OF COURSE I DON'T--
SPLOOSH!
CHOMP!
WAAAUGH!
SORRY! THIS WASN'T A GOOD TIME, WAS IT?
DON'T WORRY, MA'AM. THE SHARK IS TRAINED TO LET HIM GO AFTER A TEN SECOND HOLD.
SHARK WRESTLING
$15 PER ROUND
NEW COMICS EVERY MONDAY, WEDNESDAY AND FRIDAY AT: WWW.SAMANDFUZZY.COM

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- **Outcomes Research** – *Education to Patient Care*
- **Visual Development** – *Genes to Kids in Jeans*
- **Refractive Correction** – *Spectacles to Lasers*

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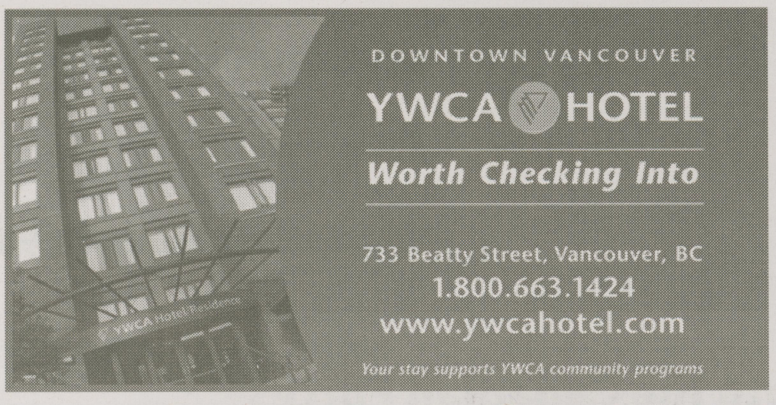
GRAFX@MARTLET.CA



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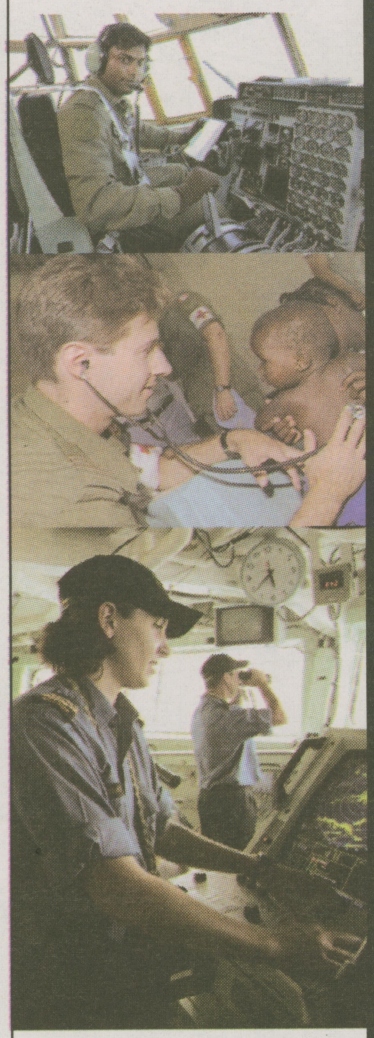

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